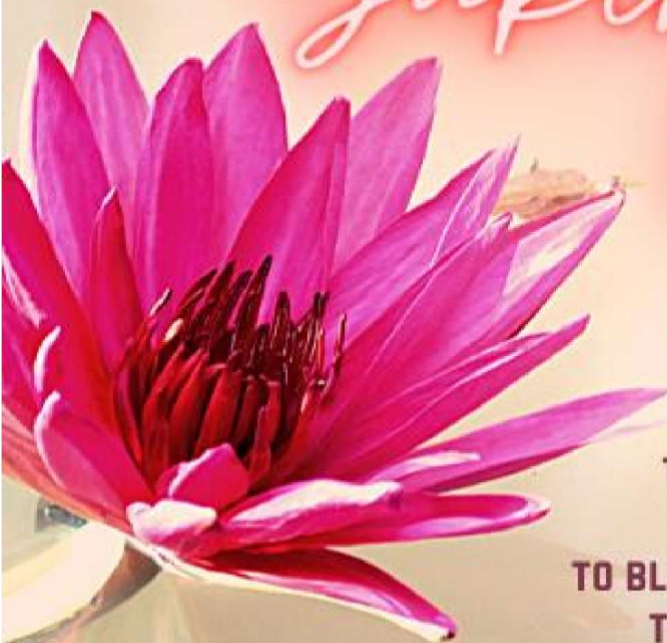


'BEHIND EVERY GREAT MAN IS A GREAT WOMAN'

Secrets of the Sakina Wife



**A COLLECTION
OF GEMS AND
JEWELS FROM
THE QURAN AND
SUNNAH
TO BLOOM YOUR MARRIAGE
TO FULL BLOSSOM.**

**LEARN THE SECRETS TO
REKINDLE THE PASSION AND
ROMANCE.**

AMATULLAH BINT ABDULLAH

Above and before all, I thank Allah ﷻ, The Creator and Sustainer of the Universe, for giving me the Tawfeeq to write this book. I hope for His acceptance of this work ask for His forgiveness for any shortcomings and mistakes found in the book.

Many thanks to my dear 'Naseem sisters' who have encouraged and helped me to put this book together. May Allah ﷻ bless you all and reward you with goodness in this world and the next.

Lastly, I thank my dear Sidra (may Allah ﷻ have mercy on her) who was on a mission to spread the 'Sakina Course' all over the world. May this book be a means of Sadaqah Jariya for her and all those who have helped to accomplish it.

Amatullah Bint Abdullah.

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Introduction

This book is for you dear sister, who struggles to find the tranquillity, love, and mercy that Allah ﷻ has placed between the spouses. Whether you have been married for 5 days, 5 years or 5 decades, you will come to realise that you have the key to a happily-ever-*hereafter* marriage lies within you, *biithnillah*. You will come to know of the tools and secrets that will transform your relationship with your husband into a realm of tranquillity, love, and mercy that you have always wished for, since you were a little girl.

This book will enlighten you and take you on a life changing journey that will expand your knowledge of yourself and your spouse. Use it as a guide to better your understanding of how to improve your relationship within marriage.

Despite our differences, men do compliment women, just as the Prophet ﷺ described our likenesses to each other: **“Certainly women are the counterpart of men”** (*Sunan Abi Dawud 236*). Men and women are not from different planets as some writers depict *“Men are from Mars and women are from Venus”*, rather it is more

fitting to state that women are from men and men are from women!

Allah ﷻ informs us in the Holy Quran:

“And of His signs is that He created for you from yourselves mates that you (men) may find tranquillity (*Sakina*) in them (your wives); and He placed between you affection and mercy. Indeed, in that are signs for a people who give thought.” (Surah Ar-Rum: 21.)

This verse evidently demonstrates to us the harmony that should exist between the man and the woman, who have been designed **for** each other and **from** each other. As the above ayah states, the relationship between both spouses should be sweet and pleasant. One that should bloom and fully blossom with time, each spouse being consoled and comforted in a serene environment.

To understand your male spouse, it is important to look at the first human being that Allah ﷻ created. Allah ﷻ created Adam (peace be upon him) and taught him the names of everything He willed, names that even the Angels were unaware of. Adam was surrounded by the wondrous gardens of Paradise, a place that no eye has seen, that no imagination can envision in the wildest of dreams, no mind can ever grasp the everlasting bounties of *Jannah*. Despite all of this, there was still something missing in Adam’s life, an emptiness, a void that needed to be filled.

Ibn Abbas and a group of companions of the Prophet ﷺ narrated that when Iblis was sent out of Paradise and Adam (peace be upon him) was accommodated therein, Adam was alone in Paradise and did not have a partner from whom he could get tranquillity. He slept for some time and when he woke up, he saw a woman whom Allah ﷻ had created from his ribs. So, he asked her, "Who are you? She replied, "A woman," He asked: "Why have you been created?" She said: "So that you could find tranquillity in me." The angels, trying to find out the extent of his knowledge, asked him: "What is her name O Adam?" He replied, "Hawwa", they asked "why was she so named?" He replied, "Because she was created from something living." (*Stories of the Prophets, Ibn Katheer.*)

With the story of Adam (peace be upon him) in mind, we come to know that men cannot live without women. The absence of a woman in a man's life is like a head without a body, a well-built palace without furniture. Men greatly desire an environment of serenity, and this can only be obtainable from the women around them. It is only the smart woman who succeeds to understand the needs of men. Willingly, she fulfils his needs that he cannot satisfy for himself, knowing for sure that he will indeed fulfil her needs in return to the best of his ability.

It is always important to remember, that with every action there is a reaction. It is only natural for any creature to want to gratify those around them that treat

them honourably in a way that satisfies them, even animals have the ability to recognise any goodwill being done for them.

“Is the reward for good [anything] but good?” (*Surah Ar-Rahman 55:60.*)

Truly, it is every woman’s dream to be loved and cherished deeply by her husband. This deep intimate love usually occurs in the early stage of marriage, the honeymoon phase. This is the sweetest period during the first few weeks of marriage, with the high levels of passionate love and intense feeling of attraction. Oh, how we wish to be in this world of ecstasy forever! Unfortunately, for most couples, it does not last very long.

We do hear stories about deep intimate love between couples, the most famous one in the western world being “Romeo and Juliet”. Whilst these stories are just myths that are narrated and retold throughout the years, women aspire to have the same intensity of love in their lives yet reality for most appears to be too different. Whilst it is not impossible, it is quite rare nowadays to witness a happily married couple, who are intimately the closest of friends. This sort of marriage does not happen by chance or luck, it is developed by continual doses of loving words and actions; big things are built one brick at a time.

The best example of a remarkable marriage is one that happened between the greatest of creation; Muhammad, the Prophet ﷺ and the first Mother of the Believers; Khadija (may Allah be pleased with her). He loved her so much that even after she had passed away, his love for her never died. He would mention her often to his wives whom he married after her death. Aisha (may Allah be pleased with her) said: "I did not feel jealous of any of the wives of the Prophet ﷺ as much as I did of Khadija, though I did not see her, but the Prophet ﷺ used to mention her very often, and whenever he slaughtered a sheep, he would cut its parts and send them to the women friends of Khadija..."
(*Sahih Bukhari 3818.*)

His eyes would swell with tears when he saw anything that reminded him of her. The Prophet ﷺ said himself that "**Her love had been nurtured in my heart by Allah Himself.**" (*Sahih Muslim 2435.*) The Prophet ﷺ showed love and respect for all his wives, however, it was evident that the bond between him and Khadija was unique and special. Even Aisha (may Allah be pleased with her) was aware of the extraordinary love the Prophet still had for Khadija. She once complained and remarked: "You treat Khadija in such a way as if there is no woman on earth except Khadija..."(*Sahih Bukhari 3818.*)

Do not feel hopeless or despaired if you are going through a difficult marriage that appears to be withering

away like a dying flower. You have the potential to rekindle the passion and be blessed with your husband's deep love, so long as you follow the footsteps of Khadija. Her daughter Fatima will be in the highest position in Paradise as the Queen of the women of Paradise, despite the poverty, hunger and struggles she faced in this world. What a blessed and honorable family!

Of course, the stronger the marriage bond, the more content and secure the children become, they thrive to become great members of society. Not only does an upright marriage affect the family, rather everyone in society profits in the end.

Many of our brothers and sisters wish to unite under one banner of Islam to reclaim back our noble history that we once lived, but how on earth could one achieve this if we can barely unite under one roof with our spouses? How can we fix our humiliating state of the ummah if we do not fix our marriages? Allah ﷻ tells us:

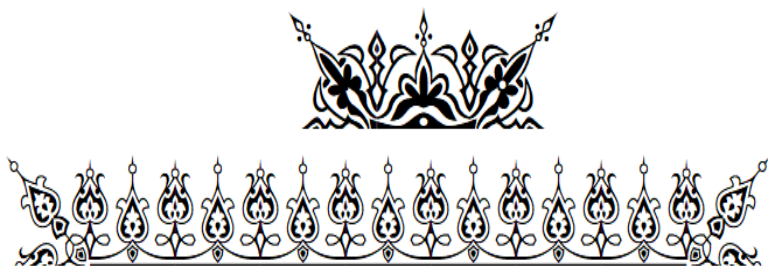
“Indeed, Allah will not change the condition of a people until they change what is in themselves.” (*Surah Ra'd: 11*).

The time has come for change, how much longer will you be sitting and praying for change, when you have the means to make a difference? How many children of our society have been negatively affected by their parents' failed marriages? I ask Allah ﷻ to protect our marriages

and our offspring from all evil and harm, and to bless us with all goodness.

Oh Allah...

"Our Lord, grant us from among our wives and offspring comfort to our eyes and make us a leader [i.e., example] for the righteous. Those will be rewarded with the highest place (in Paradise) because of their patience. Therein they shall be met with greetings and the word of peace and respect." (Surah Al-Furqan: 74-75.)



Let's Begin with Bismillah!

I begin this book with the hadith that Imam Al-Bukhari (may Allah have mercy on him) began with, in his well known, most authentic book (after the Quran) in Islamic History.

The Prophet ﷺ said: **"Actions are according to intentions, and everyone will get what was intended. Whoever migrates with an intention for Allah and His messenger, the migration will be for the sake of Allah and his Messenger. And whoever migrates for worldly gain or to marry a woman, then his migration will be for the sake of whatever he migrated for."** (*Sahih Al-Bukhari 1.*)

This hadith is great in its benefits and importance, in fact, Islam revolves around it. It shows the balance between the internal and external states of oneself. It is important that for every action we plan to do, we have a purpose or a clear drive, so that we gain the utmost benefit from whatever it is that we are doing, in this world and the next.

Intentions lead to results. So dear sister, if you want great results when applying the secrets of this book, you will need a great intention first. Always be in check with your

intentions by asking yourself “Why am I doing what I’m doing?” If you are reading this book because you want to better yourself as a wife for the sake of pleasing your Lord, then all is well; there is no doubt that Allah ﷻ will help you and lead you to what is best for you. However, if you are here for any other reason, then you may run out of fuel very soon. So, avoid disappointments and unnecessary strains by starting off with ‘Bismillah’ and a good, pure intention, so this journey will be a breeze, an enjoyable one.

For best results, the secrets of this book should not be shared with your husband. Do not move on to the next secret until the previous exercise is completed.

Oh Allah...

“Our Lord, indeed You know what we conceal and what we declare, and nothing is hidden from Allah on the earth or in the heaven.” (Surah Ibrahim: 37)



Secret 1: Forgive Him

Dearest Sister, we must clear out the clutter, junk and dispose of all the trash you may carry to move forward on this journey of self-improvement. We must clean and purify our hearts of any bitterness or resentment if we want to move on. If you carry a heavy load on your shoulders, if you are hurt, in pain, or hold a grudge against your husband, now is the time to let go; otherwise, you will be held back sabotaging your own progress. It is very important that we let go of the past, as it can be the cause of tremendous pain and suffering, the cause of a build-up of anger and resentment that acts to only hold you back. Thus, by releasing this negative energy you will be able to move forward in a positive and progressive manner.

The past is gone, a bright and hopeful future awaits you on the condition that you do not have any harmful baggage within you. Your relationship with your husband can improve, becoming healthy and strong only after you have freed yourself from the negative emotions that shackle you daily. Without a doubt, the biggest killer of intimacy in your marital relationship is resentment and bitterness, which mostly stems from issues and emotions that were uncared for. If you have been hurt by your husband, then you must take the initiative to dig deep and bring it out of your system. It is the small hurts that

when left unaddressed, can build up like small stones which eventually block the drain. This is when the tenderness and love will eventually stop flowing, just as water stops flowing down a blocked pipe. The hurt must heal if our marriage is to flourish.

Many wives have a fear that forgiveness means that they give their husbands the right to repeat the offence, but that is not what it means to forgive. It is about being set free from the ways that they have hurt you, because holding on to any negativity will only kill the joy in your life. It will consume you, like a poison that seeps into your thoughts and emotions; eventually destroying your soul. It will sabotage your inner happiness which in turn will affect your duties as a wife. Forgiveness is important for healing as it is the medicine for your soul. It will set you free from the prison of your own thoughts and mind.

It takes a good dose of humbleness and courage to walk down the path of forgiveness, but it is a path that must be undertaken for the sake of your own happiness and mental wellbeing. Allah ﷻ tells us numerous times in the Quran that it is always best to pardon and forgive:

“Let them forgive and overlook, do you not wish that Allah should forgive you?” (Surah An-Noor: 22.)

Yes! Oh Allah, we wish that you should always pardon us and wipe away all the sins that we commit knowingly and unknowingly. Do you not wish to meet your Lord on the

Day of Judgment knowing that the Most Merciful has erased all your misconducts and mistakes? Nothing awaits such a beautiful and pure soul except the reward of ever-lasting bliss in Paradise.

When you forgive, it does not mean that you are humiliating yourself, rather it's the complete opposite, just as our Prophet ﷺ explained: **“Charity does not decrease wealth, no one forgives another but that Allah increases his honour, and no one humbles himself for the sake of Allah but that Allah raises his status.”** (*Ṣaḥīḥ Muslim* 2588.)

You have nothing to lose but everything to gain. Put an end to symptoms of sleepless nights, loss of appetite, depression, low self-esteem, and various medical conditions that shoot from burying your hurts and resentments. Bring back the love, joy, and romance to your marriage, you have the key to do so.

Exercise:

1. *Write down all the times that your husband has hurt you, as far back as you can remember. Use as many pages as you wish, then make a prayer to your Lord and make Him a witness that you have forgiven your husband's mistakes and harms that he has committed against you. Dispose of this paper and never bring up these issues again.*

Oh Allah...

"O my Lord! Forgive me and my brother, and admit us into Your Mercy, for you are the Most Merciful of those who show mercy." (Surah Al-A'raf: 151)



Secret 2: Accept Him

It is extremely significant for your success in this course that you accept your husband for who he is. Loving and accepting your husband for who he is with all his faults and virtues is very important for a healthy relationship. It is important to understand that as a couple, you will have differences in your character and conduct. This is due to the different upbringing and experiences in your lives that have shaped both of you in different ways.

We should embrace the differences and be respectful, not judgmental. Accept him for who he is because he is the husband that has been chosen for you by Allah ﷻ. The people in your life are not there by chance but have been placed there for a reason. Everyone that is placed in your life is there so that you may learn from them, or you may be a source of benefit for them. No one is perfect; everyone has imperfections, and this is the way Allah ﷻ has created us. The perfect marriage is a result of two imperfect people who refuse to give up on each other.

Our beloved Prophet ﷺ said that Allah ﷻ says: **“O My servants, you sin by night and by day, and I forgive all sins, so seek forgiveness of Me and I shall forgive you.** (Tirmidhi, 2499.)

As narrated in the hadith, we are all sinful and in need of Allah's mercy and forgiveness. Before you pick on the faults of others, then it is more crucial that you should rectify your own faults first. Remember, when you point your finger at someone, three fingers point back at you!

There is no need to be in a constant battle with your husband about his actions, rather use your energy efficiently in a positive way to help build your marriage, not damage it. Keep in mind that you are accountable for **your** own deeds and your husband is accountable for **his** own deeds. If you feel like you are failing to see positive changes despite your loving efforts, there is no need for you to overburden yourself and feel responsible. Allah ﷻ will not ask you about the sins of your husband, you will only be asked and questioned about your own deeds and actions, as stated in the following beautiful verses:

“That no burdened person (with sins) shall bear the burden (sins) of another. And that there is not for man except that [good] for which he strives. And that his effort is going to be seen - Then he will be recompensed for it with the fullest recompense - And that to your Lord (Allah) is the End (Return of everything).

(Surah An-Najm: 38 – 42.)

Acceptance does not mean that you must tolerate or approve of any bad habits or sinful behaviour. It means you realize he is a human with faults and virtues,

therefore you concentrate more on his good side and appreciate him, instead of focussing on his less favourable side. Dear Sister, consider your marriage as a partnership in which you combine your strengths and support each other's weaknesses.

Behind every great man, is a great woman. Let us strive to be that remarkable woman who motivates, encourages, and helps her husband discover and unlock his great potential so that he can be the best version of himself. Do not ever forget that you and your husband are on the same side, the same team.

It was narrated from 'Umar ibn al-Khattaab that there was a man at the time of the Prophet Muhammad ﷺ whose name was 'Abdullah, but his nickname was Himaar (donkey), and he used to make the Messenger of Allah ﷺ laugh. The Prophet Muhammad ﷺ had him flogged for drinking, then he was brought one day, and he commanded that he be flogged, and a man who was there said, "O Allah, curse him, how often he is brought [for this reason]!" But the Prophet Muhammad ﷺ said: **"Do not curse him, for by Allah what I know about him is that he loves Allah and His Messenger."** (*Ṣaḥīḥ Al-Bukhari 6398.*)

In the hadith above the Prophet Muhammad ﷺ showed so much mercy and kindness to this 'sinful' man. Even though he committed a major crime, the Prophet ﷺ recognised that he still has good in him, he was still a

Muslim who loved Allah ﷻ and His Messenger, and he deserved to be treated with mercy and respect. You should always have hope in the goodness of someone and not give up on them. My dear sister, this is a time to prove your dedication, loyalty and unconditional love and establish yourself as the best wife you can ever be.

Do not judge, belittle, or criticise. You may be doing it with good intentions and acting out of love and concern for him, but remember it is not your job to change him. He is not your child nor are you his mother; **a man can never be romantic towards someone who orders him like his mother.** Sometimes a person must make his own mistakes and suffer the consequences so he can learn from them on his own.

Criticism, condemnation, and nagging can be highly destructive in marriages. It is toxic and causes husbands to feel unfulfilled and emotionally neglected. Trying to change your husband using these inappropriate methods can hugely damage his ego and self-esteem, leaving him emotionally wounded. It may appear to him that you are looking down on him or being extremely disrespectful, causing him to behave in a negative or rebellious manner as a defence mechanism.

The wife of Safwan Ibn Al- Mu'attal came to complain and criticise her husband to the Prophet ﷺ whilst he was with his companions. She said: "Messenger of Allah, my

husband, Safwan Ibn Al-Mu'attal, beats me when I pray, and makes me break my fast when I keep a fast, and he does not offer the dawn prayer until the sun rises.

He asked Safwan, who was present, about what she had said. He replied: Messenger of Allah, as for her statement "he beats me when I pray", she recites two surahs (during prayer) and I have prohibited her (to do so). He (the Prophet ﷺ) said: If one surah is recited (during prayer), that is sufficient for the people. (Safwan continued:) As regards her saying "he makes me break my fast," she dotes on fasting; I am a young man, I cannot restrain myself. The Messenger of Allah ﷺ said on that day: A woman should not fast except with the permission of her husband. (Safwan said:) As for her statement that I do not pray until the sun rises, we are a people belonging to a class, and that (our profession of supplying water) is already known about us. We do not awake until the sun rises. He said: When you awake, offer your prayer. *(Reported by Abu Dawud and Ahmed, authenticated by Albani.)*

Notice how our beloved Prophet ﷺ resolved the three arguments, as if he was trying to tell the wife that all her arguments could be solved if she had just accepted her husband's nature. A woman who truly desires a lasting love life with her husband, should take extra care not to amplify the worst qualities within her spouse by contemplating and wasting time over his weakest points. Rather, a wife that is treasured is the one that shows her

husband that he is a terrific man capable of accomplishing great things.

Another way to kill the loving feelings of your husband is to compare him to other men. Do you openly show your admiration of other men's behaviours or traits to your husband? Know dear sister, that your husband can become demoralised and lose interest in you when you constantly remind him of his shortcomings. You have your own weakness and strengths, together with his strengths and weaknesses, you can make an amazing team. It is all about looking at the positive aspects of your partner and building a strong foundation.

If you feel like your husband does not show any interest in you or tries to always pick faults within you, then it may be an unconscious way of responding to the negative actions or words that you may have been representing. It is important to let him be himself. Accept him as a human who naturally can fall into faults then concentrate more on his better side, just as the Prophet ﷺ did with his companions. Prove to him with your gentle words that you love him just the way he is, then you will surely see him acting more loving towards you.

Dearest sister, have you heard of the truly blessed wife of Julaybeeb? A woman who earned this beautiful prayer of the Prophet ﷺ: **"O Allah, pour blessings upon her and do not make her life hard"**. What made her stand out that

she became the most sought-after widow in the entire city? Was it her prayers, fasting, or charity? Or was it her beauty and wealth? What made her outstanding was her willingness to marry the man who the Prophet ﷺ himself chose for her.

He was Julaybeeb, a man with no nobility or status and nobody even knew his family name. In a society where tribalism meant how well you are to be treated, Julaybeeb was an outcast. He was brutally rejected by society because people were more concerned with physical appearance and status than with integrity. No one would even think of marrying off their daughters to such an outsider, however, our merciful Prophet ﷺ treated him with utmost respect and compassion that he desperately needed. He was known to be a very short, dwarf-like stature, repulsive in appearance and moreover, a very poor man.

When the Prophet ﷺ had chosen for Julaybeeb his bride, her parents refused at first, but she insisted on fulfilling the request of the Messenger of Allah ﷺ and said: **“Do you refuse the request of the Messenger of Allah? Send me to him for he shall certainly not bring ruin to me.”**

Her trust in Allah ﷻ and His Messenger has certainly not caused her any harm or ruin, rather she became a woman worthy of admiration because of her action of fully accepting Julaybeeb, who was once rejected by most of society. She had faith and confidence in his better

qualities, and she kept a blind eye to every attribute that he was deficient in.

When Julaybeeb was martyred on the battlefield, the Prophet ﷺ was deeply saddened by this loss. He saw him martyred on the ground with 7 enemies that he had killed before he was killed, the Prophet ﷺ at that time said: **“He killed seven and then was killed? This (man) is of me and I am of him.”** (*Sahih Muslim*).

SubhanAllah, what a man of great strength he turned out to be. Julaybeeb, the honourable man of great strength.

Indeed, *behind every great man, is a great woman.*

Dearest sister, your husband may be the opposite of you in conduct and thoughts. Some ways in which you both may be unlike include:

- Health – You may love to eat your greens and cabbage soup and be ahead of your exercise routine, whilst he prefers to relax and eat junk food.
- Planning – You may be more stress-free and go with the flow whilst he may be more of an organised planner.

- Money – You may love to spend and live a more luxurious life, whilst he is always the one talking about saving money.
- Disagreements – You may be the one that tries to keep the peace, whilst he lashes out.
- Time: You may be more productive and hardworking, while he is always the tired one.
- Social life - You may love to talk about what happened during your day, whilst he prefers to only speak about serious matters.
- Parenting – You may be the softer, gentler parent whilst he is the harsher one that punishes more.
- Sleeping – You may be the early bird who likes to sleep early to be energised the next day, whilst he is the night owl who loves to sleep all morning.
- Tidy – You may not function well in a messy environment whilst he is more comfortable around mess.

Or vice versa.

Whatever your situation is, the key to moving forward to a more stress-free married life, is to accept him as he is and realise that it is not your job to transform and mould him. He will make a lot of progress and excel when the change comes from within him. This change is only triggered by a loving wife who believes in him,

appreciates his integrity, and admires his better attributes.

Exercise:

1. *Let your husband know verbally and by your actions that you are happy with him, and you love him just the way he is.*

Oh Allah...

"Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people." (Surah Al-Baqarah 286.)



Secret 3: Appreciating Him

My dearest sister, after learning to accept and comprehend that our husband is a human who errs and has faults, our next step is to focus and concentrate on his better side. This secret is one of the most important lessons to practice to save your marriage. Your salvation and your happiness in this world and the next are determined by how sincerely grateful you are.

Our beloved Prophet ﷺ has told us: **“I was shown Hell and I have never seen anything more terrifying than it. And I saw that the majority of its people are women.”** They said, **“Why, O Messenger of Allah?”** He said, **“Because of their ingratitude (kufr).”** It was said, **“Are they ungrateful to Allah?”** He said, **“They are ungrateful to their companions (husbands) and ungrateful for good treatment. If you are kind to one of them for a lifetime then she sees one (undesirable) thing in you, she will say, ‘I have never had anything good from you.’”** (*Sahih Al-Bukhari, 1052.*)

Wake up dear sister! Open your eyes and observe everything that your husband does for you. Sincerely appreciate all his good efforts from the bottom of your heart and express it with beautiful words and actions in return.

To apply this secret of appreciation, one needs to truly accept their spouse as they are, as discussed in the last chapter. We have to remind ourselves that our husbands are creations of Allah ﷻ just like you and I. He is not perfect, but he has goodness in him, so focus on the good aspects of his character. This will help magnify his better side and help him to reach that much-needed (masculine) confidence for him to reach his full potential. Once he feels more masculine, he will certainly show his appreciation to you in return, deeply cherish you, and will want to satisfy you to the best of his ability.

Men who are not appreciated well for their efforts tend to be cold and very insensitive. But when we show and express our gratitude, they become more motivated to work harder in their field of caring for women. This sort of wife will be cherished and treated with much compassion. Remember that it is not by harshness or force that you can bring out the best in your husband, rather it is by an unwavering belief in his better side.

One way the husband's self-esteem and confidence can be damaged is when the wife is always seeking to compete with him when it comes to his masculine roles. She wants to be the one who leads and guides the family. She may criticize the amount of money he earns by letting him know that she struggles to live on his little income. She may even prove that she is physically stronger than him! A man can never be at peace with this

sort of woman and will probably keep his distance from her to be safe from humiliation.

Men are put off by unappreciative women; women who appear heedless of anything good done for them. Those who seem to never be satisfied with what they have, rather only focus on what they want or what they lack. They only seek to have more and buy more to compete with others. They are never satisfied, even if they are to be given all that they ask for; just as our Prophet ﷺ wisely said: **“...if the son of Adam has one valley, he will wish that he had a second, and if he had two valleys, he would wish that he had a third. The stomach of the son of Adam will filled only with dust (i.e., he is never satisfied) ...”** (*Musnad Ahmed and Sahih al-Jami*).

This is usually the fundamental cause for most marital problems; the inability to appreciate the good efforts of the spouse. Even if he was in love with her in the beginning, the sickness of ungratefulness is like a virus that kills love and intimacy, eventually, she will appear to be the ugliest woman he knows. The following may be symptoms of this virus:

- She is always in a state of negativity.
- She always frowns and is very hard to please.
- She compares herself or her husband with those that are more affluent, therefore she will never be content or satisfied with her situation.

- She complains and blames everyone around her for her 'misfortune.'
- She may suffer from illnesses because her negative attitude will break down the body causing her immune system to weaken.

In one hadith, the Prophet ﷺ narrated to us in detail about the two wives of Ismail. The first was ungrateful and miserable, whilst the second was positive and appreciative.

He ﷺ said: "After Ismail's mother had died, Ibrahim (peace be upon him) came after Ismail's (peace be upon him) marriage in order to see his family that he had left before but he did not find Ismail there. When he asked Ismail's wife about him, she replied: "He has gone in search of livelihood." Then he asked her about their way of living and their condition, and she replied: **"We are living in misery; we are living in hardship and destitution."** Ibrahim said: "When your husband returns, convey my salutations to him and tell him to change the threshold of the gate (of his house)."

When Ismail came, he seemed to have felt something unusual, so he asked his wife: "Has anyone visited you?" She replied: "Yes, an old man of such and such description came and asked me about you, and I informed him and he asked about our state of living and I told him that we were living in hardship and poverty. "On that Ismail said: "Did he advise you anything?" She

said: "Yes, he told me to convey his salutation to you and to tell you to change the threshold of your gate." Ismail said: "It was my father, and he has ordered me to divorce you. Go back to your family." So, Ismail divorced her and married another woman from among them (Jurhum).

Messenger of Allah ﷺ continued: "Then Ibrahim stayed away from them for a period as long as Allah ﷻ wished and called on them again but did not find Ismail, so he came to Ismail's wife and asked her about Ismail. She said: "He (Ismail) has gone in search of our livelihood." Ibrahim asked her: "How are you getting on?" Asking her about their sustenance and living. She replied: "**We are prosperous and well off (we have everything in abundance).**" **Then she thanked Allah.** Ibrahim said: "What kind of food do you eat?" She said: "Meat." Ibrahim said: "What do you drink?" She said: "Water." He said: "O Allah! Bless their meat and water."

The Prophet ﷺ added: "At that time they did not have grain and if they had grain, he would have also invoked Allah to bless it. If somebody has only these two things as his sustenance, his health and disposition will be badly affected unless he lives in Makkah."

The Prophet ﷺ continued: "Then Ibrahim said to Ismail's wife: "When your husband comes, give my regards to him and tell him that he should keep firm the threshold of his gate." When Ismail came back, he asked his wife: "Did anyone call on you?" She replied: "**Yes, a goodlooking**

old man came to me,” so she praised him and added: “He asked about you and I informed him that we were in a good condition.” Ismail asked her: “Did he give you any piece of advice?” She said: “Yes, he told me to give his regards to you and ordered that you should keep firm the threshold of your gate.”

On that Ismail said: “He was my father, and you are the threshold of the gate. He has ordered me to keep you with me.” (*Sahih Al Bukhari 1: Chapter 61, Hadith 3364.*)

Dear sister, be positive and see *Khair* (goodness) in all situations. As having food, water, shelter, and health are some of the greatest blessings you can have. Think more like the second wife, she responded to her living situation as being ‘prosperous’ as opposed to ‘poverty’ which was described by the first wife. Have an empowered mindset to look at the glass as half full as opposed to half empty. You will start living a more positive lifestyle which in turn will make you happier. Our beloved Prophet ﷺ said: **“Whoever among you wakes up secure in his property, healthy in his body, and he has his food for the day, it is as if he were given the entire world.”** (*Sunan al-Tirmidhi 2346.*)

Note that the second wife used pleasant words as she described Ibrahim (peace be upon them both) as an ‘old handsome man’, contrary to ‘an old man’ which was described by the first wife. Her lofty status of being the wife of a Prophet and the daughter-in-law of Khalilullah

Ibrahim was secured because of her appreciation. What a noble woman!

Remember to always thank Allah ﷻ for all your blessings as the second wife did. Without the mercy of Allah ﷻ, we would not have health, wealth, family and all the other countless blessings.

Allah says, 'O you who have believed, eat from the good things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship.' (*Surah AlBaqarah 2:172*)

Treasure hunt:

To be a more appreciative wife, try to treasure hunt and search for your husband's hidden or apparent jewels. It is very important that you ignore his deficiencies, as highlighting the faults only aids him to follow the mischief of Shaytan.

Allah's Messenger ﷺ said: **"Iblis places his throne upon water; he then sends detachments for creating dissension; the nearer to him in rank are those who are most notorious in creating dissension. One of them comes and says: "I did so and so." And he says: "You have done nothing." Then one amongst them comes and says: "I did not spare so and so until I sowed the seed of discord between a husband and a wife." The Satan goes near him and says: "You have done well."**

A'mash said: "He then embraces him." (Sahih Muslim, 2813.)

This disturbing hadith demonstrates how eager Shaytan is to stir up and cause damage to our marital relations. When you become heedless and unmindful of the valuable actions of your husband, it is as if you are giving the devil the key to your home, to do what he pleases.

It was Iblis, the accursed, who has made a promise to Allah: **"[Satan] said, "Because You have put me in error, I will surely sit in wait for them [i.e., mankind] on Your straight path. Then I will come to them from before them and from behind them and on their right and on their left, and You will not find most of them grateful"** (Surah Al-A'raf: 16-17.)

My dear sister, do not give Shaytan the satisfaction of causing friction in your marriage. Once you start this noble practise of noticing the good in your husband, the love between you both will increase because Shaytan's influence in your marriage will diminish *biithnillah*.

Communicate the appreciation:

Tell your husband you appreciate him and the deeds he does with sincere enthusiasm and be his best cheerleader! Speak positively about him to your family and his family, especially his parents. Constantly remind your children what a great father they have and *inshaAllah*, he will live up to the good you praise him for

by improving his weaknesses. By communicating your appreciation, your husband's love for you will increase; it also makes your children aware of being more appreciative in life as you are setting a good example to them.

What to appreciate:

- *His character and religion:* Appreciate any trace of praiseworthy character that he possesses the moment he expresses it. E.g., kindness to the older generation, generous when he gives, patient when afflicted with certain trials, devotion to Islam. If he is a hard worker, organised, hospitable, disciplined, funny, composed, brave, charitable, saver or spender etc.
- *His intellect:* Praise his education, his decision making, his wisdom, his logic, his ability to think clearly in tense situations, his eagerness to seek knowledge, his ability to speak multiple languages, his agility, etc.
- *Partakes in daily living:* Thank him for being a handyman, for getting the repairman when

needed, for helping with grocery shopping and errands, for paying the bills, for helping and playing with the kids, for doing simple tasks around the house, for driving you around, if need be, for the hours he works to provide for you and the family etc.

The word 'appreciate' in the dictionary means: to be aware of something, or to understand that something is valuable. So, open your eyes and train your mind to be fully conscious to appreciating the little things in your life as this is a commendable habit. You may think it is pointless to thank him for buying the bread or milk because 'it's his job anyway', but great marriages do not happen by accident; it is the small daily acts of thankfulness that produce a prosperous, blessed union between the spouses.

The Prophet ﷺ said: **"He who does not thank the people is not thankful to Allah."** (*Sunan Abi Dawud, 4811.*) Be sincere when you thank your husband for even the smallest acts, so Allah ﷻ will include you as one of the grateful ones and increase you in everything good for you. Allah ﷻ says:

"And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favour]; but if you deny, indeed, My punishment is severe.' " (*Surah Ibrahim 14:7*)

So dear sister, smile! For smiling is a sunnah, smiling is a sign that you are content and grateful. Smile, for your smile is contagious and will illuminate your whole household. Strive to make a conscious effort to become more appreciative towards your husband and he will appreciate you in return. More importantly, your Lord will be pleased with you and bless you in ways that you could never imagine.

Exercise:

1. *Keep your eyes opened to witness all the good that your husband does. Verbally appreciate and thank him for everything he buys for the family and anything he does for you.*

Oh Allah...

"My Lord, enable me to be grateful for Your favour which You have bestowed upon me and upon my parents and to do righteousness of which You approve. And admit me by Your mercy into [the ranks of] Your righteous servants." (Surah An-Naml 19.)



Secret 4: Ego buster or Ego booster?

This next secret goes hand in hand with the previous lesson on *Appreciation*. We will learn a technique that will take your marriage to another intensity! This is the secret of the great women working behind the scenes nurturing outstanding men: *Admiration*. This is an essential requirement of all men - to be regarded with wonder and approval. To be esteemed, revered, and venerated. If you succeed to meet this need, then all is well; you will have helped him to become more flourishing, entailing him to reach his full potential of greatness.

Admiration is food for a man's soul. He functions better as a husband if he is well nourished with this food. Alternatively, if he is a hungry man, deprived of admiration, eventually he will struggle to meet his family's needs and will not be able to fulfil his responsibilities. Just as a car cannot be driven without petrol, a man also needs daily admiration to power him up to thrive in his manliness. He will be more content and in good spirits only after his cup has been filled with admiration. A man can only pour his love out to a woman who thinks highly of him; a woman who admires him, especially after he has been put down by the competitive world around him.

Let us remember and take inspiration from our great mother, Khadija bint Khuwaylid, a woman of beauty and honour, pure and virtuous; she is the best role model for us, a beacon of light and the most perfect of wives. She was wealthy and intelligent and had the noblest lineage of all the women in her tribe. She was the first woman Prophet Muhammad ﷺ married, she was so beloved to our Prophet Muhammad ﷺ that he did not marry another woman whilst they were married.

Muhammad's Prophethood ﷺ began during his marriage to Khadija when he received the first of Allah's revelations through Angel Jibreel. This experience left him frightened, strained, and feeling alone. His entire body trembled with the weight of Divine Revelation. The first person he turned to was his beloved wife Khadija; his best friend, his counsellor, and ultimate comforter. Prophet Muhammad ﷺ sought sanctuary in the home and arms of his beloved. "Zammilooni, zammilooni!" he called out to Khadijah. "Cover me!" "Cover me!" At once, Khadijah wrapped him in a cloak tenderly and held him until his shaking came to an end. At a time in his life when he doubted himself, his devoted wife was not only his confidant and comforter but also his supporter and pillar of strength. He ﷺ told her everything that had happened and said, "I fear that something may happen to me". He was distraught with anxiety over his own sanity. Khadijah reassured him by saying: **"Never! By Allah, Allah will never disgrace you. You keep good relations with your**

kith and kin, help the poor and the destitute, serve your guests generously and assist the deserving calamity-afflicted ones." (*Sahih Al Bukhari: 3*)

Her wise, soothing words resonated with him and brought him back from his weak state and gave him courage and hope when he feared that he may be losing his mind or may be possessed. She had such confidence in his integrity and soundness of mind and spirit. She supported her husband and encouraged him during the most difficult days of his life. She was the very first woman to embrace Islam. Her love and devotion for her husband was unwavering as was her faith in Allah ﷻ. Prophet Muhammad ﷺ loved no one more than he loved Khadija during his lifetime; she lived with him with a blissful marriage and was a respectful and devoted wife. She was even held in such high esteem that Allah ﷻ and Angel Jibreel conveyed their greetings of peace to her from above the seven heavens.

Abu Huraira reported: The Angel Jibreel came to the Prophet ﷺ and he said, **"O Messenger of Allah, here is Khadijah coming to you with a dish of stew, food and drink. When she arrives before you, greet her with peace on behalf of her Lord and myself. Give her glad tidings of a palace in Paradise made of reeds, wherein there will be no turbulence, nor fatigue."** (*Sahih AlBukhari: 3610*)

How honourable and blessed her soul was, her patience in this world of much distress and exhaustion has earned her the elite status that she truly deserves; a palace next to her Lord in which there is no more suffering and fatigue. She admired her husband, the Prophet ﷺ of Allah at the most perfect of moments, his love for her was still thriving even after she had passed away!

We also have an excellent example of our second Mother Aisha (may Allah be pleased with her) when our beloved Prophet was filled with awe by the powerful words of admiration she uttered that day. Once, the Prophet ﷺ was sitting in a room with Aisha (may Allah be pleased with her) and fixing his shoes. It was very warm, and Aisha looked to his blessed forehead and noticed that there were beads of sweat on it. She became overwhelmed by the majesty of that sight and was staring at him long enough for him to notice. He said, “What’s the matter?” She replied, “If Abu Kabeer Al-Huthali, the poet, saw you, he would know that his poem was written for you.” The Prophet ﷺ asked, “What did he say?” She replied, “he says: “He is free from any maligning residue of birth or growth. When you look at the creases of his illumined brow you find his face brighter in luminous splendour than the pure sparkle of lightning itself. Aisha relates: **“When the Holy Prophet ﷺ heard this, he put down whatever was in his hand and kissed her forehead and said: ‘Your delight could not**

have been as much as the delight you have given me!"
(*Madarij-ul-Salikeen, Imam Ibn Qayyim p.177*)

What a wonderful wife she was, to even admire the sweat that was on her husband's forehead and compared it to the 'sparkle of lightening'! No wonder why Aisha was described as '*Tharid*' – the most exquisite and delectable dish of the town! The Prophet ﷺ said, **"Many men reached perfection but none among the women reached perfection except Mary, the daughter of 'Imran, and Asia, Pharoah's wife. And the superiority of Aisha to other women is like the superiority of Tharid to other kinds of food."** (*Sahih Al-Bukhari: 5418*)

Men adore women who speak words of admiration, they love and intimately cherish their wives who sincerely speak delightful words pleasing to their ears. They are wired to be acknowledged, all men are led by their ego's which are hungry for attention and validation. Regrettably, many wives are unaware of this powerful tool of admiration and therefore, guilty of continuous negative remarks that may be quite humiliating to a man. Consequently, they end up injuring his dignity and pride.

When a man's dignity is wounded by his wife, he may not want to speak to her for some time, maybe days or months or even years. He may retreat into his shell or build an invisible wall between himself and his wife. His tender feelings for her may begin to fade away. The man that she once loved has changed, hardly ever smiling, or

sharing his dreams and plans with her. However, he appears to be normal and even very cheerful sometimes with other people. If you happen to be in this situation then do not despair, Allah ﷻ will soon rectify your situation as soon as you rectify your attitude towards your husband.

How to Admire Your Husband?

Loving gaze:

This is vital when you compliment your husband, the eye is the window to the soul and as Imam Ibn Al-Qayyim describes it; "the soldier of the heart". It is no wonder that lowering the gaze from glancing at the opposite gender is compulsory in Islam because of the powerful effect it creates. This is an action that is undermined by most wives as they work about their daily routine for years without ever giving their husbands the gaze of admiration!

Feminine touch:

Your words of admiration will positively affect his mood even more whilst being stroked and touched in a gentle, feminine way. This physical contact is necessary to keep up the tenderness and attraction in the air. Do not be shy to caress your husband whilst you admire him, for this action will bring about *Sakina* into his life.

Right words:

When attempting to admire your husband, you should be clear and specific about what it is that you wish to admire. You should choose the right words to describe your husband, just like how the woman from Madyan described the Prophet Musa to her father as being **“strong and trustworthy”** (*Surah Qasas: 26*). Your carefully chosen words will help magnify his masculinity and improve his character, *inshaAllah*.

Lend him your ears:

A lot of women complain that their husbands do not want to initiate or enjoy conversing with them. This may be because of:

- the lack of attention they give to their husband when he does try to talk with them.
- becoming too opinionated in the conversation consequently resulting in arguments.
- conveying all his plans and secrets to those around her, causing him to be very cautious and quiet.
- previously wounding his masculinity without her even realising, therefore, to avoid this from ever happening again, he retreats into his shell to protect himself from her sharp tongue.

When your husband speaks to you, whether it is about petty issues or major topics, you should give him 100% attention. He will then want to speak to you more often if you are a good listener, he may even tell you his deepest secrets, but this will only happen once he trusts that you will not judge, humiliate, or argue with him.

Be sincere and genuine:

When you admire his qualities, try your best to sound like you are truly speaking from your heart. This may seem difficult in the beginning, especially if you have never praised him before. However, as you do it more often, it will become a pleasant and enjoyable habit for you to look out for his qualities. This is even true after you witness the changes and happiness in him that will inevitably occur when you admire him.

What to Admire?

His Body – Men can be very self-conscious about their appearance. To boost up their self-esteem and confidence, we need to admire their physical masculine body. This includes his muscles, strength, voice, broad shoulders, etc. For example, we could comment on how great his beard makes him look and how proud you are of him that he is following this *Sunnah* of all the Prophets. If the lion insists on keeping his mane, then surely, he deserves to be acknowledged for this masculine trait.

One of the best opportunities to admire your husband is right after he has a new haircut; if he has made the effort to look after himself, then a good comment about how young he looks will not cost you a penny but will be worth a fortune to him.

Goals and Plans - If your husband lets you know of any of his ideas, he expects you to be supportive of him. This is the type of woman that men take pride in. The one who is easy to please and wishes good for him. If you have poured cold water over his ideas before and mocked him for his thoughts and plans, then do not be surprised if he does not consult you or share with you his deep inner thoughts. It is time to put your fears aside and encourage your husband to aim for the stars and show him how proud you are! Your marriage will unfold and bloom to full blossom with your positive attitude *inshaAllah*.

Masculine Role and Abilities - Men generally have three important roles to fulfil for their families:

1. **Lead:** To be the leader who has the final say in decision making. Every ship needs a captain, every country has its leader, every important sector of society needs a head/manager whether it is hospitals, schools or businesses, etc.

It is therefore essential for every family to have someone in charge of leading the family and decision-making, otherwise, chaos will inevitably occur.

2. **Protect:** To protect the family from any harm. Men are generally stronger and more fearless than women, therefore, it is their duty to make sure that those who are under their care, live safely and securely, *bithnillah*.
3. **Provide:** To be the main breadwinner who provides for the family. For as long as we have been on this planet, it has been the responsibility of men to provide for their families, i.e., bringing the food home, giving sustenance and clothing, providing shelter, etc. It is only until recently that women have been taking over or sharing this role; as a result, *Sakina* has been lacking or has completely become non-existent in the household.

Allah mentions all these three roles profoundly in the following verse: **“Men are the protectors and maintainers of women, because Allah has made one of them to excel the other, and because they spend (to support them) from their means.”** (*Surah An-Nisa: 34.*)

It is your job as his wife to honour him when you witness your husband living up to his God-given role of being the Leader, Protector and Provider. For a man to be decisive in decision making is an excellent quality worthy of praise. When he carries all your groceries or opens those tight jars, he should be admired for his strength. When he can kill something harmful; whether it as small as a mosquito or as dangerous as a wild animal, then show

him how grateful you are to be married to a courageous man. Show him your weakness and vulnerability to help him exercise his masculine qualities, this is the secret to the feminine power within us that drives men wild!

Character and Religion - When you verbally admire your husband for the good traits and actions he does, this encourages him to improve and fuels him to do better. If life gets tough and you notice that he is a patient man, then admire him because Allah ﷻ loves those that are patient. If he is truthful or admits that he makes mistakes, then acknowledge this trait of humbleness. Be careful of not falling into the self-righteous attitude, as there is no good in a woman that displays to her husband that she is more righteous than he is; this is a sign of plain arrogance – a trait that most men are repelled by.

Sex and Intimacy - One of the most important moments where admiration is mostly needed is during intimacy. What you say in the bedroom can build your husband's self-esteem and confidence to lift him sky high, or you can break your husband's willpower and make him feel so low, he may even become impotent or depressed. There is a hadith about a woman who complained to the Prophet ﷺ about her husband's deficiency in the bedroom, sadly, he hit her because of it.

Narrated 'Ikrima: Rifa'a divorced his wife whereupon 'AbdurRahman bin Az-Zubair Al-Qurazi married her. Aisha said that the lady (came) wearing a green veil (and

complained to her (Aisha) of her husband and showed her a green spot on her skin caused by beating). It was the habit of ladies to support each other so when Allah's Apostle came. Aisha said. "I have not seen any woman suffering as much as the believing women. Look! Her skin is greener than her clothes!"

When 'AbdurRahman heard that his wife had gone to the Prophet ﷺ he came with his two sons from another wife.

She said. **"By Allah! I have done no wrong to him, but he is impotent and is as useless to me as this"** - holding and showing the fringe of her garment. 'Abdur-Rahman said. **"By Allah. O Allah's Apostle! She has told a lie! I am very strong and can satisfy her, but she is disobedient and wants to go back to Rifa'a..."** (*Sahih Al-Bukhari 5825.*)

The period during sexual intimacy is perfect to show him how amazed you are with his performance, but this will only come naturally to you once you are relaxed and at peace with your mind, body, and soul. Prepare yourself mentally by being positive and 'in the mood'. This is not a time to be thinking about your chores or your children. Be in touch with your inner self so you are ready to enjoy this special connection with your husband. Have the right intention and seek Allah's reward.

Prepare your body (hygienically) and be content with how you look. How can your husband find you attractive and gorgeous if you yourself feel obnoxious? You must

believe that Allah ﷻ created you in the best form, you must feel beautiful within yourself because people will treat you according to how you perceive yourself. **Men are not mind readers!** You must communicate with him delicately about how you want him to please you or ask him what he would like you to do so you both can make the most of this time. Our beloved Prophet ﷺ would often have a shower together with his wife after intercourse. This is another great time to connect and admire your husband, whilst also earning rewards for practicing this sunnah.

If you have been guilty of criticising your husband's flaws and deficiencies, then this only adds insult to injury. It does not increase your marriage in anything, but loss and he may even resent you. Even though he probably will never tell you that he is hurt, you will notice him becoming more and more distant from you. He will search for your weaknesses to point out or unfortunately, some men will even make up imaginary faults within you, just so that they can feel better about themselves or to keep even with you.

Some of you may be thinking that all this praise and admiration will eventually make him think too highly of himself! But wouldn't you like it dear sister if your husband continues to tell you how much he loves and adores you with every opportunity he gets? This is a woman's greatest need; to be loved and cherished, but

the more you shower him with his needs of admiration, the more he will want to pour his love onto you and fulfil your needs.

Exercise:

- 1. Admire him with words that will please him. Be careful not to wound him by speaking words that can humiliate him.*

Oh Allah...

"Our Lord, forgive us and our brothers who preceded us in faith and put not in our hearts [any] resentment toward those who have believed. Our Lord, indeed You are Kind and Merciful." (Surah Al-Hashr : 10.)



Secret 5: Sakina Time

Allah ﷻ informs us in the Quran that He created for men their wives, so that he may find in her *Sakina* - the peace and tranquillity that he desperately desires. After he receives this *Sakina* from his wife, the second part of the verse will spontaneously follow: that Allah ﷻ has placed deep love and compassion between the two spouses, the order of this verse is truly thought provoking!

“And of His signs is that He created for you from yourselves mates that you may find tranquillity in them (your wives); and He placed between you affection and mercy. Indeed, in that are signs for a people who give thought.” (Surah Rum: 21)

Allah ﷻ uses the same word to describe to us about the creation of the night being a source of *Sakina* for us, a tranquil, peaceful end to the day:

“It is Allah who made for you the night that you may rest therein...” (Surah Ghafir 61.)

If we ponder over this verse, we realise that if we do not use this time of the night sensibly to calm ourselves and sleep, then consequently, we will not be able to function the next day to the best of our abilities. Naturally, we become temperamental, hot-headed and lethargic. Funnily enough, your husband may suffer from these

same symptoms if he is deprived of intimate bonding time with you, i.e. from *Sakina Time*.

My beloved sister, if you are looking for that passion of love between you and your husband that once existed, then *Sakina Time* is the secret to rekindle that passion, the key to unlock his heart, the breath of fresh air after the bitterness of everyday trials that life brings forth.

This is an essential component in any marriage to keep the happy spirits high. A marriage without it is like a lifeless tree where all the dry leaves desperately fail to hold on. On the other hand, the marriage with a dedicated *Sakina Wife* is like the beautiful, blossomed springtime trees that bring forth pleasure to all the senses!

What is Sakina Time?

It is a dedicated time of the day, that you spend with your husband to help him relax. This is preferably straight after he comes home from work, or before he sets off to work or it can be after the children's bedtime. The idea is for you to be the source of peace and tranquillity, the aura that he yearns to be around all the time. He should look forward to being in your encounter, he should miss your presence when you are absent. *Sakina Time* should last for at least twenty minutes a day, or longer if you are able to. During this special time, you can do whatever you feel he needs at that moment to help him relax, the spotlight

should all be on him. Below are some helpful tips that your husband may enjoy during this special time of his:

Massage: Give him a gentle facial massage while admiring his features. A head massage if you want him to unwind and forget about the troubles around him. A rough leg massage if he has just come back from playing sports. A foot massage can be given to release the pressures of tired feet. A full body massage can be promised as a reward if he has made you happy that day.

As you get into the habit of tending to his needs during this time, you will become more acquainted with his preferences. Therapeutic oils can be used or just plain body lotions- creams you already have lying around in your home. If your husband is the type that does not like the feeling of these, then talc powder works just as well.

Sexual Intimacy: Your ambience of serenity may turn him on and lead him to deeply connect with you intimately. Surrender to him willingly so you may be from those that Allah ﷻ is pleased with. Remember this is **his** time to do what **he** wants to do for **him** to relax.

Umm Sulaym (may Allah be pleased with her) was a great inspiration for us. She was the mother of the great Anas ibn Malik (may Allah be pleased with him), a woman of great wisdom, fortitude, and unwavering patience. The Prophet ﷺ said regarding her: **“I entered Paradise and heard footsteps. I said, ‘Who is this?’ and they told me,**

‘It is Al - Ghumaysa’, the daughter of Milhan, the mother of Anas ibn Malik.” (Sahih Muslim 16: 11)

There was a time in her life when Allah ﷻ brought upon her a great test as her young son, Abu Umair suddenly became sick. One night, his temperature soared to such a degree that it caused him to pass away and leave this world. Even in her tremendous grief, Umm Sulaym displayed the great character of patience and kept calm and composed. She did not inform anyone, nor did she scream or shout, in her grief and sorrow (as would be expected from those who lack patience) but rather, she patiently awaited the arrival of her husband who was due to return home later in the evening. Such was her strong belief that when her husband arrived home, she greeted him warmly and affectionately. Abu Talhah, who was upset and distressed by the state of their beloved child’s health, asked her of her son’s wellbeing to which she replied ‘he is in a better place now than before’. This was not a lie, but a true sign of her wisdom, compassion, patience and great faith in the acceptance of Allah’s decree. She spoke vaguely so as not to upset him. She was referring to the calmness of death and her son finding relief from the pain of his sickness, but her husband took it to mean that the child’s condition had improved.

Nonetheless, she still beautified herself for him that evening, as was the norm of all the righteous wives. As a

devoted wife, Umm Sulaym was a pillar of immense strength; she put aside her pain and anguish of losing her child and put the needs of her husband first and enveloped him with her love and tranquillity to wipe out the exhaustion of the day. After his *Sakina Time*, she asked him “O Abu Ṭalḥah, do you think that if some people lent something to some others, then they asked for it back, do they have the right not to give it back?” He said, “No.” She said, “Allah, may He be glorified, lent your son to you, and now He has taken him back, so seek reward with Him and have patience.” Her husband was angry with her that she broke the news so late especially after being intimate with each other. When he saw the Prophet Muhammad ﷺ the following day and told him of what happened. Our Holy Prophet Muhammad ﷺ said, “May Allah bless you for last night.” By the mercy of Allah, she conceived on that night, a blessed son who became famous for being the father of 10 children who had memorized the entire Quran.

Dear sister, contemplate on this remarkable story, if this great woman can still intimately bond and satisfy her husband at such a depressing time, then we should put more effort to please our husbands during our times of comfort and luxury.

It is well known that babies need skin-to-skin contact with their mothers to improve their emotional and physical development, to soothe them and calm them from the

transition of the perfect environment of the womb to the not-so-perfect world outside of the womb. This skin-to-skin bonding is not just beneficial for babies, it is just as effective for the married couple. It helps fulfil your emotional need of being loved and his needs of *Sakina* - serene environment. This sort of 'comfort bonding' is also from the Sunnah because our Prophet ﷺ used to intimately play with his wives without ending up doing the obvious action of intercourse. He would do this when his wives were menstruating and even when he was fasting. Aisha narrates: **"Whenever Allah's Messenger ﷺ wanted to fondle anyone of us during her periods (menses), he used to order her to put on a waist wrap and start fondling her."** (*Sahih Al-Bukhari 303*)

Allah ﷻ says in the Quran: **"They (your wives) are a garment for you, and you are a garment for them".** (*Surah Al- Baqarah 2:187*)

How beautiful is the parable of our closeness with our spouses to be just like the clothes that we wear for beautifying ourselves, hiding our flaws, and keeping us warm and cosy. This is exactly what happily married couples do for each other.

Listen: As you become more enchanting to him, he may want to have a casual conversation with you. Just listen and admire how passionate he is about the topic that he is discussing with you. Allow him time to speak and be free, do not get so caught up in the conversation and

argue with him, even if you are provoked. Remember this is his time. Lend him your ears and he will love to spend time with you.

Entertainment: Your husband may be the type that enjoys watching videos or listening to things that keep his mind preoccupied. You can sit with him and prod him to speak by asking him questions about whatever you may be watching or listening to together (of course the content should be within Islamic boundaries).

Spa: You can give him a facial, or a manicure and pedicure. Some men find the pain of being tweezed on their backs quite relaxing. You can pluck out ingrown hairs or any unwanted hairs to relax his nerves. Have a special ‘Sakina comb’ for you to comb through your husband’s hair and beard. Aisha narrates **“While in menses, I used to comb the hair of Allah's Messenger”** (*Sahih Al-Bukhari* 295). Yes, they are grown men who are capable of grooming themselves, but the purpose of these little gestures is to make us more connected and closer to each other.

Café: Once the kids are asleep, it is the perfect time for you to be on a date with your husband. Sometimes, a warm, soothing drink is all he needs to unwind.

Meal: There is some element of truth in the famous saying: ‘the way to a man’s heart is through his stomach’. Prepare his favourite meal and eat with him. Use this

time to connect with him lovingly. Let him practice the sunnah of feeding you a bite from his meal, the Prophet ﷺ said: **“Whatever you spend will be considered a Sadaqa for you, even the mouthful of food you put in the mouth of your wife.”** (*Sahih Al-Bukhari 266*)

You must be well dressed, sweet-smelling, and pleasing to look at. You must be of cheerful countenance otherwise the halal magic of *Sakina Time* will not work.

Our beloved Prophet ﷺ described the traits of the best women, he said: **“The best of your women are loving, fertile, suitable, and comforting, if they fear Allah.”** (AlSunan al-Kubrá 1248, Sahih (authentic) according to Albani.)

Remember my dear sister that Jannah has been promised to the wife who is always pleasing to her husband. The Prophet ﷺ said: **“Any woman who dies whilst her husband is pleased with her, will enter Paradise.”** (*Jami At Tirmidhi*)

Strive to be from the best of women mentioned in the above narrations by living your role as a *Sakina Wife*. Once you become like this, the love and compassion that Allah ﷻ has placed between the two spouses will inevitably occur. **Allah will never waste the good efforts of the believer**, even if it is as small as a smile, He will reward you in abundance with goodness in this world and what is awaiting you in the hereafter is far greater than

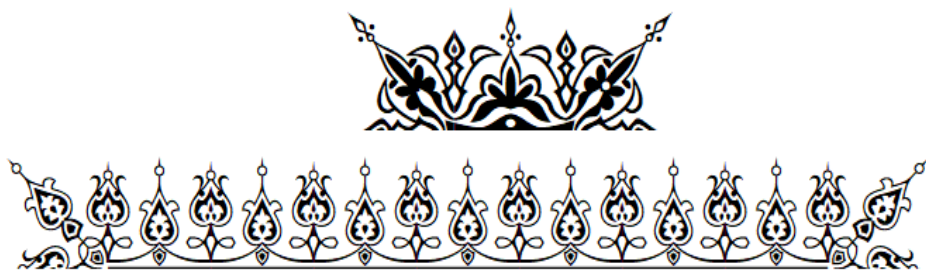
what you can ever imagine. Be sincere and seek your reward with Allah ﷻ and your husband will appreciate you and deeply fall in love with you.

Exercise:

1. *Organise your day so you can find time to give him special attention for Sakina Time.*

Oh Allah...

“Our Lord, and admit them to gardens of perpetual residence which you have promised them and whoever was righteous among their fathers, their spouses and their offspring. Indeed, it is You who is the Exalted in Might, the Wise.” (Surah Ghafir: 8)



Secret 6: Your Husband, The King

Your husband needs to feel important, make him feel special, like a VIP. His friends and relatives will probably not help him feel this way, as they are all too busy with their own lives. His work environment can be so competitive and stressful; he may not have any chance of being treated in a significant manner. His children whom he strives to provide for daily; will delight him as if he is truly the King of the house, ONLY if they see their mother doing so.

Our Prophet ﷺ has informed us that: **“If I were to command anyone to make prostration before another, I would command women to prostrate themselves before their husbands, because of the special right over them given to husbands by Allah.”** (*Graded 'Sahih' by Sh. Albani in Saheeh At-Targheeb wat Tarheeb*)

This hadith shows the importance of the King of the house. The responsibility they shoulder to protect, provide, and lead the family, is a heavy load that needs to be recognised and valued by the rest of the family. This hadith proves to us that after Allah and His Messenger ﷺ our husbands have the greatest rights over us.

Your husband should be at the top of your list of main concerns, he should be number one on your priority list. If you feel like you have been neglected by your husband,

then the only way to trigger his compassion and affection towards you is to succeed in making him proudly feel like he is the jewel of the crown, that he is of great importance to you. He will then think highly of you and value every minute he spends with you. He should feel that the woman he chose to marry, will never demean him, or put others' concerns above his. As wives, our husband's rights precede the following:

Parents: Our parents have a high status and great rights upon us, nevertheless, your husband's rights are greater. He comes first, even before your own parents. As a rule, we should act and speak wisely in a gentle manner to everyone; we should say the right words to the right people at the right time whether it is your parents, siblings, or husband. However, at the end of the day, never overlook the fact that your husband may be your gateway to Jannah.

Al-Husayn ibn Mihsan reported: His aunt came to the Prophet ﷺ with a need and when she finished explaining her need, the Prophet ﷺ said to her, "Do you have a husband?" She said yes. The Prophet ﷺ said, "How are you with him?" She said, "I do not neglect him unless I am unable." The Prophet ﷺ said, "**Look to yourself regarding him. Verily, he is your Paradise or your Hellfire.**" (*Hasan hadith according to Al-Albani. Musnad Ahmad 18610*)

Children: Some women have a concerning habit of clearly showing that their children are dearer to them than their

husbands. This may be essentially true because as mothers, we have a soft spot for those we nurture. However, if this regard of children is over proportioned, it can lead to more harm than good.

Your children should identify that their father's needs come first before their wants. We do not support any abuse or neglect of children, rather for a family to be in good order, the father needs to be well acknowledged and respected. Unfortunately, the case is reversed in many households. An example of this is when the father speaks to the mother, then the 5-year-old child randomly starts talking about his day, the mother then turns all her attention to her son, causing the father to be silenced. As this carries on day after day, the father himself feels belittled, he may even become displeased at the news of a new pregnancy!

Another example is when the father requests his children to clean up, then the mother disregards the request, telling the children to ignore their father. This way she shows them who is the boss of the house – *herself*. We see many examples of how the father may be portrayed in the western media, they are always ridiculed and belittled in front of the children by the mother, they are relegated to the intellectual level of the family pet.

If you do not respect the father in the presence of your children, how would they ever grow up to be good citizens of society that respect authority? Unfortunately,

our youth have become so rebellious, unconcerned about the law, having no respect for those who oversee them. This may be because of the lack of respect they grow up to see in the home for the one who deserves to be respected and obeyed the most!

It is your duty as a mother to let your children know that the father should always be respected and 'Daddy is always first' and 'he is the King of the house'. Always keep in mind that actions speak louder than words. If you live up to this principle, then you will surely see that the King will respect you in return, hold you in high esteem in front of your children and show them who is the Queen of the house! If the King and Queen live up to their roles and work in unity, then those whom they rule will always be content and happy, *biithnillah*.

Housework: Every man appreciates a clean, tidy home, and delicious cooked food. However, if you spend a huge amount of time on household chores causing your housework to become more important than your relationship with your husband, then this will inevitably lead to a deficiency from your role of being a wife. There are many well-known cases of wives who had perfected their housework duties daily, they kept their homes spotless and shiny, even if you were to pay them an unexpected visit, the place would always look and smell wonderful, but unfortunately, their husband's needs

were right at the bottom of their to-do list, resulting in unpleasant marriages or even divorce.

We are not encouraging you to be lazy and sluggish with your household duties. This is another disastrous description of an unpleasant wife. If your husband is to take care of your needs outside the home, then it makes sense that you should keep up with fulfilling your role of being a homemaker inside the home.

The Messenger of Allah ﷺ said, **“Every one of you is a shepherd and is responsible for his flock. The leader of people is a guardian and is responsible for his subjects. A man is the guardian of his family, and he is responsible for them. A woman is the guardian of her husband’s home and his children, and she is responsible for them. The servant of a man is a guardian of the property of his master, and he is responsible for it. No doubt, every one of you is a shepherd and is responsible for his flock.”**
(Sahih Bukhari and Muslim)

To make the most of your role as a Sakina Wife, it is essential to plan your day the night before. Make a list of all the work in the home that needs to be carried out. Write down everything you wish to accomplish the next day, include in this list the rooms that need cleaning, the meals that you will prepare, if you have errands to make etc. After you have written your list, order it by numbering the most important task first, then the second most important task, then the third etc. until all the tasks

are numbered in order of importance. The next morning, start your day off with task number one from your list, tick it off and move on to the next task once you have completed it. Do not despair if you have not gone through everything you wanted, simply add it to the new task list that night for the next day.

When you are on top of housework, you will become much more stress-free. You will feel satisfied therefore causing you to be in a better mood with your family. Your house is a reflection of yourself: a clean, tidy house means a clean, tidy mind. The Prophet ﷺ said:

“Cleanliness is half of faith”. (*Sahih Muslim*).

Plan your days well so that you can get the most out of your time and energy and let the King live in his castle however he wishes. Maintain the tenderness and love in your marriage, even if it means that he leaves his socks on the floor sometimes, your marriage is more important than causing rebellions over insignificant faults. Do you not wish that he overlooks your petty flaws?

Relatives and Friends: You are not married to your siblings, relatives, or your friends; so, prioritise wisely. Treat everyone around you with kindness, however, be aware that at the end of the day, it may be unfeasible to please everyone. For example, when your husband has just come home, tired after a long day’s work, it is not a good idea to pick up calls and talk for long, instead, you can call them back at a better time when he is not

around. Your marriage is more precious, and your husband needs to feel valued. Remember the words of our blessed Prophet ﷺ **"He is your paradise and your hellfire!"** (Graded 'Hasan' by Sh. Albani in Silsilah As-Saheehah 1838)

Hobbies and Interests: Sometimes we may be so caught up with our hobbies or interests that we make our husbands feel inferior. Plan your day to do what you enjoy doing at a time when your husband is busy himself or when he is absent. The status of the husband is held so highly in Islam that even voluntary acts of worship are secondary to his needs, i.e., a woman cannot fast (voluntary fast) for her Lord unless her husband permits her. This clearly proves that your husband's needs are very significant. Again, remember the words of our blessed Prophet ﷺ **"He is your paradise and your hellfire!"**

Once you become the ideal *Sakina Wife* who prioritises her husband, he will be mesmerized by your charm and will try his best to please you. You have the key to improve your marriage, avoid any situation that is likely to incur more problems, live the secrets of this book then put your trust in Allah.

It was narrated that Abu Hurairah said: **"It was said to the Messenger of Allah: 'Which woman is best?' He said: 'The one who makes him happy when he looks at her, obeys him when he commands her, and she does not go**

against his wishes regarding herself nor her wealth.'
(*Sunan An-Nasai: 32323*)

Exercise:

1. *Tell him that he is number one and the most important person in your life. Be sure that your actions speak louder than words.*

Wise words:

Abd al-Malik (RA) said: "When 'Awf ibn Muhallim alShaybani, one of the most highly respected leaders of the Arab nobility during the jahiliyyah (pre- Islamic era), married his daughter Umm Iyas to al-Harith ibn 'Amr alKindi, she was made ready to be taken to the groom, then her mother, Umamah came into her, to advise her and said:

'O my daughter, if it were deemed unnecessary to give you this advice because of good manners and noble descent, then it would have been unnecessary for you, because you possess these qualities, but it will serve as a reminder to those who are forgetful, and will help those who are wise.

'O my daughter, if a woman were able to do without a husband by virtue of her father's wealth and her need for her father, then you of all people would be most able to

do without a husband, but women were created for men just as men were created for them.

‘O my daughter, you are about to leave the home in which you grew up, where you first learned to walk, to go to a place you do not know, to a companion to whom you are unfamiliar. By marrying you, he has become a master over you, so be like a servant to him, and he will become like a servant to you.

‘Take from me *ten* qualities, which will be a provision and a reminder for you.

‘The first and second of them are: be content in his company, and listen to and obey him, for contentment brings peace of mind, and listening to and obeying one’s husband pleases Allah.

‘The third and fourth of them are: make sure that you smell good and look good; he should not see anything ugly in you, and he should not smell anything but a pleasant smell from you. Kohl is the best kind of beautification to be found, and water is better than the rarest perfume.

‘The fifth and sixth of them are: prepare his food on time, and keep quiet when he is asleep, for raging hunger is like a burning flame, and disturbing his sleep will make him angry.

‘The seventh and eighth of them are: take care of his servants (or employees) and children, and take care of his

wealth, for taking care of his wealth shows that you appreciate him, and taking care of his children and servants shows good management.

‘The ninth and tenth of them are: never disclose any of his secrets, and never disobey any of his orders, for if you disclose any of his secrets you will never feel safe from his possible betrayal, and if you disobey him, his heart will be filled with hatred towards you.

‘Be careful, O my daughter, of showing joy in front of him when he is upset, and do not show sorrow in front of him when he is happy, because the former shows a lack of judgment whilst the latter will make him unhappy.

‘Show him as much honour and respect as you can, and agree with him as much as you can, so that he will enjoy your companionship and conversation.

‘Know, O my daughter, that you will not achieve what you would like to until you put his pleasure before your own, and his wishes before yours, in whatever you like and dislike. And may Allah choose what is best for you and protect you.” (*buloogh Al-Arab of Al-Aloosi* (2/19)

Secret 7: Let the King Rule His Kingdom

Once you succeed in making your husband feel like the most important person in your life, the next step is to let him lead. As a man, he has an urge to lead his family and if this need is met well, then the dominion that the King rules over shall always be blissed and blessed!

If you have been stripping him off his right to guide, to steer, to shepherd the household, then it's time to let go of the reigns. Let the real King return to his throne. Let him do what he does best - **Lead, Protect and Provide**. No one has ever heard of a Kingdom that is ruled by two kings! Only chaos awaits a place where two Kings share a throne. It is just like having two drivers in one car. There can only be one leader who has the authority to make final decisions - that is your husband. It is a matter ordained by Allah ﷻ in His Book which will be recited until the end of time, even if culture defies it.

Allah says: "Men are in charge of women by [right of] what Allah has given one over the other and what they spend [for maintenance] from their wealth." (Surah AnNisa 4:34)

This verse clearly shows us who is the Boss. Allah ﷻ has appointed the man to be the maintainer and caretaker of his family. He has preferred him with this task because men excel women in leadership qualities; that is exactly why you have never heard of a female Prophet. The task of guiding mankind and leading them to what benefits them was only ever given to a man. In fact, the Prophet ﷺ has said: **“People who appoint a woman to be their leader, will never achieve success.”** (*Sahih Al Bukhari*)

We have the beautiful story of Hajar when she travelled miles and miles away through the harsh conditions of the desert with her baby and husband. She did not know where exactly her destination was, but she continued patiently to let her husband lead. Finally, they reached a land wherein there was not a sign of life in sight. A completely abandoned desert where it was not humanly possible to survive in! No humans or plants or any sign of water was visible. This was the point of disembarkation, her new home. This was where Ibrahim (peace be upon him) left his wife and suckling baby and off he went back home. As he was leaving, Hajar went after him and kept asking why he has abandoned them in the middle of nowhere. When he did not respond, she got the message, so she asked him, **“Has Allah commanded you to do so?”** He said: **“Yes.”** She said: **“Then He will not neglect us.”** (*Sahih Al Bukhari*).

This great lady had completely accepted her situation and submitted to the decision of her husband, even though her own existence was at risk. But the secret of her willing submission was based on her pure reliance on Allah ﷻ and her submission to Allah ﷻ. She did not just talk the talk, but she literally walked the walk. The famous walk of the hills of Safa and Marwa was instigated by Hajar. Allah ﷻ was so pleased with her outstanding submission and actions, that until this day it is compulsory upon every single Muslim to tread on the same hills in Makkah, in honour and remembrance of that great woman. Allah ﷻ sent down an Angel to dig a blessed well that we continue to drink from to this day after many centuries; this was the beginning of life in Makkah. People from all over the world still come in millions every year to visit this Holy city.

These are the blessings of a woman who had truly surrendered and obeyed her husband's orders. Only good awaits a woman who knows that her role is to be a supportive wife.

She is not inferior by obeying her husband, does the Queen become insignificant if she allows her King to have the final say? *Sakina* (peace, security, serenity) transcends upon the couple who work in harmony with each other, each having their own role to play, both roles being as important as the other.

The Prophet ﷺ said: **"All of you are guardians and are responsible for your wards. The ruler is a guardian and the man is a guardian of his family; the lady is a guardian and is responsible for her husband's house and his offspring; and so all of you are guardians and are responsible for your wards."** (*Sahih Al Bukhari 5200*)

As you get into the habit of obeying your husband willingly and light-heartedly, he will in return show you more respect and ask you for opinions on certain matters; kindly give your opinion and wisely speak your heart. However, do not scrutinise his ideas or manipulatively try to lead him.

The Prophet ﷺ informs us of the high-ranking prize of the obedient wives: **"If a woman prays her five [daily prayers], fasts her month [Ramadan], guards her chastity and obeys her husband, she will be told to enter paradise from whichever gate she wishes."** (*Sahih Ibn Hibban 4252, authenticated by Al-Albani*).

If it is difficult to trust his plans, then trust the man behind the plan. If that is difficult, then trust Allah ﷻ who has given him that authority over you. Just as Hajar said: **"Allah will never neglect us."** Sometimes our husband's proposals/ideas may seem inappropriate to us at first, but if you set your mind to become more adaptable and flexible, you may be positively surprised with the outcomes of his decision-making in the end.

Allah ﷻ tell us in the Quran: **“And it may be that you dislike a thing which is good for you and that you like a thing which is bad for you. Allah knows but you do not know.”** (*Surah Al-Baqarah: 2:216*).

Sometimes you may feel uneasy about some of the choices or decisions that you are asked to support. If you are placed in this situation, then the best way of dealing with this dilemma is to consult Allah ﷻ by praying *Istikhara*. If you pray the prescribed two units of prayer and finalise it with the beautiful supplication (quoted at the end of this chapter), then surely your Lord will never neglect or forsake you. Our Prophet ﷺ has told us about this prayer: **“Whoever seeks the counsel of the Creator will not regret it”** (*Sahih Al-Bukhari 7:162*).

Your *Iman* and connection with Allah ﷻ will boost up as you become a supportive wife, a follower. Your husband will gain more confidence and self-esteem if you surrender this burden of leadership to him. He is a human bound to make mistakes, let him make his mistakes so he can pick himself up again. The consequence of failing after his own decision-making is less painful compared to being defeated and stripped off his title as 'Ruler of the House'.

Even the affluent Queen of Sheba herself had consulted the men around her when she faced the difficult situation that was to cause her dominion to be on the brink of destruction.

She said (as mentioned in the Quran): **"O chiefs! Advise me in (this) case of mine. I decide no case till you are present with me (and give me your opinions)."** (*Surah An-Naml* : 32)

She knew that men have this great potential and her great authority over them did not cultivate any arrogance that would blind her from seeking the truth. She was rightly chosen to be from the commended women mentioned in the Quran, her inspiring life of wisdom and open-mindedness lead her from living in the darkness of *Shirk* (paganism) to the Light of *Tawheed* (monotheism).

When she was shown the signs of her faulty ways, she humbly accepted the signs that Sulayman (peace be upon him) was trying to show her, therefore saying: **"My Lord, indeed I have wronged myself, and I submit with Solomon to Allah, Lord of the worlds."** (*Surah An-Naml* 27: 44)

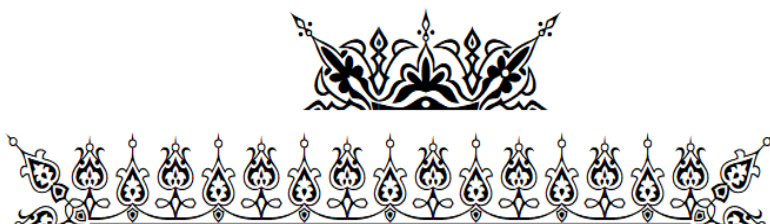
Exercise:

1. Obey him with a smile and seek your reward with your Lord.

Duaa Istikhara:

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ، وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ، وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ
فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ، وَتَعْلَمُ وَلَا أَعْلَمُ، وَأَنْتَ عَلَامُ الْغُيُوبِ.. اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ
أَنَّ هَذَا الْأَمْرَ (اذكر حاجتك) خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي؛ فَاقْدُرْهُ
لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ.. اللَّهُمَّ وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ (اذكر
حاجتك) شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أُمْرِي فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي
عَنْهُ وَاقْدُرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ ارْضِنِي بِهِ

“O Allah, I seek the counsel of Your Knowledge, and I seek the help of Your Omnipotence, and I beseech You for Your Magnificent Grace. Surely, You are Capable and I am not. You know and I know not, and You are the Knower of the unseen. O Allah, if You know that this matter [then mention the thing to be decided] is good for me in my religion and in my life and for my welfare in the life to come - then ordain it for me and make it easy for me, then bless me in it. And if You know that this matter is bad for me in my religion and in my life and for my welfare in the life to come - then distance it from me, and distance me from it, and ordain for me what is good wherever it may be and help me to be content with it.” (Sahih Al-Bukhari 7:162)



Secret 8: Femininity

The next secret is just as important as all others mentioned before. This is one that will make your husband reach his peak of attraction towards you. Just as the polar sides of North and South of a magnet attract, your masculine husband will be head over heels in love with you, if you trigger your feminine power within you, *insha'allah*.

My dear sister, return to your softness and sweetness that you once practiced as an innocent child. It is not weakness to be charming and feminine, rather this is your **strength**. This is your tool to win the heart of your husband, this is his **weakest point** that will drive him to give in to your needs and care for you.

Femininity is to be at ease and swim with the tide, not against it. It is to act, speak and move in a graceful manner. You will find it very difficult to be more feminine if you are perpetually living in a negative world. The happier you are in your mind, body, and soul, the easier it is to be feminine. The more feminine you feel and act, the more irresistibly attractive you become to your husband. Unfortunately, the opposite is true; the more you act like a man, the more your husband will be repelled by you. Just like what happens when the same sides of a magnet meet; the attraction is diminished. But

if there is a strong difference, where one is extremely feminine and the other partner is masculine, then the physical attraction will be maximized. There is some truth in the saying 'Opposites attract!'

Allah ﷻ tells us in the Quran **"And the male is not like the female."** (*Surah Ali Imran 3:36*) Shaitan has succeeded his plots and plans of changing the roles of men and women in many parts of the world, he (may Allah curse him) has promised to change the creation of Allah ﷻ and mislead humanity. In the name of freedom, women have become like men and men have become like women. As a result of going against the *Fitra* (natural disposition), mental illnesses are on the rise and so are divorce rates. May Allah keep the Muslims safe from paths of misguidance.

The Sun and the Moon

In Surah Al-Layl, Allah ﷻ begins the chapter swearing by the opposites of night and day; then immediately after, Allah ﷻ mentions the creation of the male and the female. Just as the night and day are opposites, each having their own purposes and roles to play, so are the male and the female.

"By the night as it envelops. And by the day as it appears in brightness. And by Him Who created male and female. Certainly, your efforts and deeds are diverse (different in aims and purposes)." (*Surah Al-Layl: 1-4*)

To give you a better idea of masculinity and femininity, think about the sun and moon. Picture your husband to be like the sun, the source of provision and light. It appears at dawn and sets at dusk, just like the saying: 'A man's work is from sun to sun, a woman's work is never done!'. The brightness of the sun is too intense to even look at and the heat can be a struggle to deal with. This is due to the heavy duty of providing for all life on Earth. Sometimes, your husband may be quite harsh and aggressive due to worries and responsibilities weighing heavy on his shoulder. So much patience is needed from the wife during these moments, hopefully, once he is recharged and refreshed, he will appreciate your support and sympathy for him.

When the sun sets, the radiant moon gently emerges; this is the example of the gracious feminine wife. The moon is so satisfying to stare at, you will never be tired of gazing at its tranquil beauty. When the moon's around, the atmosphere is cooler and refreshing. Peace and calmness replace the noisy, chaos of the day.

If the moon were to come out during the day and work side by side with the sun, surely it will lose its charm. Likewise, the wife should not be competing with her husband, seeking to work outside the home unnecessarily otherwise her feminine charisma will indeed fade away and diminish. A valued wife spreads *Sakina* around her home, she proudly understands her

role of being a nurturing mother and wife. Why else do the stars twinkle happily only when the moon's around?

Joyful Receiving

Be as pleasant as the moon, a willing receiver. If the moon refuses to accept and reflect the sun's light, it loses its charm, it becomes as insignificant as a plain rock. To be a feminine woman in nature, it is vital that you gladly receive whatever it is that your husband has to offer – just like the moon! Whether it's a helping hand around the home, gifts of whatever value or any small surprises, or any sort of compliment; receive it gladly and do not be oblivious to his actions of giving.

An example of how many wives fail to understand this crucial aspect of receiving is when the man pursues his wife intimately. Some women will refuse this 'invitation of love' using different excuses. This may infuriate the husband, causing his love and tenderness for her to fade away.

However, a woman who has full control of her mental and physical state can easily take this as an opportunity to practice this feminine trait of receiving because she understands that her husband is trying to give 'love'. She realises that she is very attractive. She accepts this invitation as a compliment, therefore preparing her mind and body to enjoy what is about to take place. These are the types of feminine women who succeed in attracting

their men even outside of the bedroom. This is a great practice to amplify your feminine energy.

Dependency

Part of the feminine nature is to show your vulnerability and that you seek your husband's support. A woman's dependency has a powerful effect on a man. It arouses his deepest love and protection for her. The more she depends on his manly care, abilities, and protection, the more lovable and appealing she becomes to him.

Do not try to kill your own snakes or even open those tough jars yourself, rather let your husband come to the rescue then show him much appreciation. He will feel needed and will become much happier to serve you.

Let him know how much you missed him when he comes home from work, occasionally show him how much he occupies your mind by sending him sweet messages letting him know that you are thinking about him.

Do not be shy or hesitant to ask for things that you want. Remember to receive graciously and be appreciative. If you have tried your best to be a *Sakina Wife*, then naturally, he will be happy to please you and fulfil your needs in return. **Your husband is not a mind reader!** Do not be upset if he hasn't given you what you want when you haven't asked him for it.

Anjashah, the one responsible for driving the camels that carried our beloved mothers, once chanted for the

camels to ride faster, but our Prophet ﷺ reprimanded him and said: **“O Anjashah, slowly, drive the camels slowly, as they are carrying Qawaareer (glass vessels).”** (*Sahih Muslim*)

If you want your husband to understand you and respect your feelings and wishes, then be like the fragile glass vessel, just like how our Prophet ﷺ described his wives to be.

Do not be a wooden vessel that appears to be tough and strong, otherwise you will have deprived your husband the chance of boosting his chivalry skills and treating you in a fragile manner. If you are stern and harsh, he will treat you as if you are a rival, competing against you with his words and actions. He will find it difficult to grasp the fact that you have tender, delicate feelings!

Kindness and Gentleness

Kindness and gentleness are two feminine traits that magnify the beauty of the one who practises it. These qualities are needed to keep the peace in your marriage. Kindness is to harshness as water is to a raging fire. Our Prophet ﷺ informed us that **“Verily, gentleness is not found in anything but that it beautifies it, and it is not removed from anything but that it disgraces it.”** (*Sahih Muslim 2594.*)

Not only will you be more at peace with your husband, but more importantly, Allah the Almighty will be pleased

with you. Your inner serenity within you is manifested by your courteous actions of politeness and compassion.

On the other hand, harshness and 'an eye for an eye' repercussive approach only prove that you are emotionally unstable, therefore unpleasant to be around. Never forget that your husband needs you to fulfil him emotionally, to find the '*Sakina*' that he craves so much. He cannot get this from an offensive, unladylike woman!

Be kind dear wife, you have nothing to lose! The Prophet ﷺ said, **"Whoever is deprived of kindness is deprived of goodness."** (*Ṣaḥīḥ Muslim*)

Surely, someone deprived of all goodness will never have a successful marriage.

When a group of Jews abused our beloved Prophet ﷺ by saying to him: "death be upon you!" Aisha became defensive and a little aggressive in her reply to them. She said, "May the death and the curse of Allah be upon you!" But the Prophet ﷺ reprimanded her and said: **"Be calm, O 'Aisha! Allah loves that one should be kind and lenient in all matters."** Aisha said, "O Allah's Apostle! Haven't you heard what they (the Jews) have said?" Allah's Apostle said, "I have (already) said (to them) "And upon you!" (*Ṣaḥīḥ al-Bukhari*)

Be kind and merciful to your children and nurture them with compassion. The Prophet ﷺ said: **"The best women**

to ride the camels are the pious women of the Quraish; they treat with affection children in their childhood.”

(Sahih Muslim)

Your actions of harshness are daunting and completely displeasing to your husband and those around you. Conduct yourself honourably so you can earn the pleasure of Allah and the love of the people. What comes out of your tongue can never be taken back, so let your book of records with Allah ﷻ, be one filled with virtuous and noble speech.

Allah ﷻ tells us in His Noble Book: **“Have you not considered how Allah presents an example, [making] a good word like a good tree, whose root is firmly fixed and its branches [high] in the sky? It produces its fruit all the time, by permission of its Lord. And Allah presents examples for the people that perhaps they will be reminded. And the example of a bad word is like a bad tree, uprooted from the surface of the earth, not having any stability.”** *(Surah Ibrahim 14:24-26)*

How you use your tongue, the choice of words you use, and the tone in which you speak, can either make or break your marriage.

Feminine Voice

One of the most striking feminine trademarks of a woman that makes her more enticing is her soft, soothing voice. Your husband's husky, raucous voice and your sweet honeyed, pleasant voice are complete opposites, and we have previously explained that opposites attract!

Speak to your husband with a cheerful tone in your voice, just like how you would speak to babies, with that loving affectionate manner. This will manifestly improve your communication with him, magnetise him towards you and light him up inside!

We are prohibited to speak with non-mahram men softly because this is what ignites lust and desire in men. Allah ﷻ warns our mothers in the Quran to never soften their voices to other men: **“O wives of the Prophet! You are not like any other women. If you keep your duty (to Allah), then be not soft in speech, lest he in whose heart is a disease should be moved with desire, but speak in an honourable manner.”** (Surah Al-Ahzab 33: 32)

So, we should use this quality of ours that Allah ﷻ has blessed us with to enhance and polish up our marriages. Of course, there is no point in having a melodious tone in your voice if the words you say to him are toxic and spiteful. Your tongue is the biggest influence on your femininity, and consequently, it has a major impact on

your relationship with your spouse and those around you.

A woman that yells and shouts to get her way becomes intimidating and daunting to a man, even if she is not talking directly to him. So be conscious of the way you conduct yourself in his presence.

One of the most insightful advice mentioned in the Quran is: **"And be moderate (in your movement); and lower your voice: verily the most unpleasant of voices is the braying of the asses (donkey)."** (*Surah Luqman 31:19*)

Clothing

The more feminine you are in your appearance the more feminine you are going to conduct yourself. The clothes you choose to wear also play a big role in your husband's impression of you.

Wear clothes that are designed for women, like dresses and skirts. Silk and lace are beautiful materials that enhance your feminine beauty. Some women think that their husbands do not care about how they dress, but it is widely known that men are visual creatures. When he sees a woman dressed a certain way, the back centre of his brain lights up and his desires increase rapidly.

There is a reason why the Prophet ﷺ was very stern with women who resemble and copy men and vice versa. Ibn

Abbas reported: **The Prophet ﷺ cursed men who imitate women and women who imitate men.**" (*Sahih AlBukhari 6445*). With this hadith in mind, it should not feel like drudgery or burdensome for us to look beautiful, rather we should enjoy every minute of it and be keen to dress up.

Even the Prophet's wives would adorn themselves glamorously whilst he ﷺ was alive: Aisha once said: **"...I had a similar dress which no woman desiring to appear elegant (before her husband) failed to borrow from me."** (*Sahih Al Bukhari 2628*)

Hair

Your 'crowning glory' is a symbol of femininity and beauty. Beautiful hair is a woman's "natural jewellery". Yet hair is not only a sign of attractiveness but also a mirror of health.

Whether you have fine, straight hair or thick curly hair, long or short, light or darker coloured; use the right products for your hair type. You can style it in a ponytail, bun, or braids, straighten it or curl it. Make the most of your hair to be as beautiful as you can groom it. Men have different preferences to how they wish their wives to beautify themselves, so it is advisable to switch between different looks now and then to keep his eyes captivated and his heart longing for you.

The Prophet ﷺ said: **"Whoever has hair, let him look**

after it properly.” (*Sahih al-Bukhari.*)

We have been taught to groom the hair of the deceased woman and braid it into three parts, if this is the case for a lifeless body, how will we ever be excused of the negligence of our own body and hair whilst we are still alive?!

Scent

It is an undeniable fact that men are stimulated and aroused by a woman's feminine scent. Try to have a pleasant odour emanating from you, from head to toe i.e., your hair, body, clothes, breath etc. Be a walking bouquet of flowers, radiating positive vibes to your household. Come rain or shine, your hygiene should always be on point. Use deodorant to keep away any offensive body odours. If you are someone who only uses natural products, then there are many great recipes for natural and harmless deodorants.

If you suffer from persistent bad breath, then it is crucial that you maintain a good oral hygiene routine. One of the main causes of bad breath is the bacteria that reside on your tongue. This can be removed naturally by gently brushing the whole mouth, including the palette, inner cheeks, and tongue with baking soda, then scrape off the gunk that accumulates on the tongue from as far back as you can to the tip of the tongue using a spoon.

The Prophet ﷺ is a shining example of someone of general cleanliness and oral hygiene at the highest level.

The fact that he indicated to his beloved wife to brush his teeth whilst he was taking his last breaths, dying in her arms proves this: Narrated Aisha: `Abdur-Rahman bin Abu Bakr entered upon the Prophet ﷺ while I was supporting the Prophet ﷺ on my chest. `Abdur-Rahman had a fresh Siwak then and he was cleaning his teeth with it. Allah's Messenger ﷺ looked at it, so I took the Siwak, cut it (chewed it with my teeth), shook it and made it soft (with water), and then gave it to the Prophet ﷺ who cleaned his teeth with it. I had never seen Allah's Messenger (ﷺ) cleaning his teeth in a better way. After finishing the brushing of his teeth, he lifted his hand or his finger and said thrice, "O Allah! Let me be with the highest companions," and then died. `Aisha used to say, "He died while his head was resting between my chest and chin." (*Sahih Al-Bukhari 4438.*)

Sometimes your natural feminine scent can also be arousing to your husband and too much perfume can be as offensive as bad odour, so be mindful of your husband's preferences.

We have been warned to never perfume ourselves outside the home because of the implications it will have on other men. The Prophet ﷺ said, **"Every eye can commit adultery. The woman who adorns herself with fragrances and passes by an assembly of men is as such,"** meaning an adulteress. (*Sunan Al-Tirmidhi 2786.*) *Subhan'allah*, a woman is considered to be an adulteress

when she provokes the lusts of men outside her home by applying perfume. This proves to us that men are really enticed by a women's feminine scent.

Jewellery

A piece of jewellery can bring out the best in a woman and captures the feminine charisma through the sparkles of jewel that is worn. Whether you wear it elegantly or as an everyday casual style, jewellery remains the perfect ally of a woman.

Allah ﷻ describes women in the Quran as **“the one bought up in adornments”** (*Surah Zukhruf 43:18*)

Our Mother Aisha loved her necklace that was made from beads. She was placed in two difficult situations when she lost her necklace; the great slander happened because she left the army to look for her lost necklace. This story can be found in Sahih al-Bukhari 2661, in a very detailed description, narrated by Aisha herself. Allah ﷻ has defended the honour of our Mother Aisha, by revealing the beautiful verses of Surah An-Noor from above the seventh heaven. Truly, she was a righteous and sincere wife, who was the most beloved of all to her husband. May Allah be pleased with her.

The second incident occurred when she lost the necklace that she had borrowed from her sister Asma. Aisha narrates: “We set out with Allah's Messenger ﷺ on one of his journeys till we reached Al- Baida' or Dhatul-Jaish,

a necklace of mine was broken (and lost). Allah's Messenger ﷺ stayed there to search for it, and so did the people along with him... Then the camel on which I was riding was caused to move from its place and the necklace was found beneath it. (*Sahih Al-Bukhari 334.*)

The way you glamorize and adorn yourself can determine the way a man treats you as we mentioned before; men are visual beings. They can be easily thrilled by the little efforts their wives take to beautify themselves. We should strive to be like the one whom the Prophet ﷺ described to us as being the best of women: **"The one who makes (her husband) happy when he looks at her."** (*Sahih Al Nasaa'i*)

Makeup can be used to highlight your natural beauty, but it should be used sparingly and strategically, so that your natural skin and best features come forward. It is very important to take good care of your skin by exfoliating and moisturizing for a more youthful glow. Just a simple eyeliner can go a long way to enhance your beauty, it is also recommended in the sunnah.

The Prophet ﷺ said: **"Allah is beautiful and loves beauty."** Look your best and seek your reward with Allah ﷻ. **Allah will never waste any efforts you put forth for His sake, to save your marriage.**

Emotions

Let us now shed some light on the inner feminine beauty because this is what truly matters; especially that outer beauty will always be fading away. True beauty is not just about looks, because no matter how you look on the outside, your behaviour is what people remember and can never forget. Your smile draws your husband's love and attention as it shows him that you are someone that will bring joy to his life. It signifies serenity, friendliness, and contentment. Your smile will give off youthful impressions, like you're full of life no matter what age you are.

Despite all the responsibilities and burdens that our Prophet ﷺ carried, all the hardships he had suffered, the poverty he endured, the death of his beloved relatives including 6 of his children during his lifetime, and the list goes on... regardless of all this, he ﷺ was known to be from those who would always meet others with a cheerful countenance. Ibn Jaz narrated: "I have not seen anyone who smiled more than the Messenger of Allah ﷺ." (*Graded 'Sahih' by Sh. Albani in Saheeh At-Tirmithi*) He ﷺ also said: **"Do not belittle any act of kindness, even meeting your brother with a cheerful face."** (*Sahih Muslim*)

So, what excuse do we have for our oft-occurring gloomy, frowny facial expressions?!

Your husband can be repelled by a frown, clamped mouth, and serious face. Think about your facial expressions. Laugh at his silly jokes, be fun to be around with.

Remember when the Prophet Ibrahim (peace be upon him) was fearful of his guests who refused to eat the food he prepared for them. They later told him that they were Angels who had been sent down to complete a mission ordered by Allah ﷻ. His wife Sara was standing by the door at that time, and she found the situation quite amusing while her husband Ibrahim was still fearful. Her light-heartedness portrayed her feminine nature. Allah ﷻ tell us about this incident in the Quran:

“And certainly did Our messengers [i.e., angels] come to Abraham with good tidings; they said, "Peace." He said, "Peace," and did not delay in bringing [them] a roasted calf. But when he saw their hands not reaching for it, he distrusted them and felt from them apprehension. They said, "Fear not. We have been sent to the people of Lot." And his wife was standing (there), and she laughed (either, because the Messengers did not eat their food or for being glad for the destruction of the people of Lot). But We gave her glad tidings of Ishaq (Isaac), and after him, of Ya'qub (Jacob).” (Surah Hud: 69-71)

She was the most beautiful of women, the mother of Prophet Ishaq (peace be upon him), the grandmother of

Prophet Yaqub (peace be upon him) and the great grandmother of the most handsome, Prophet Yusuf (peace be upon him). What a blessed lady she was! She was a woman of substantial feminine nature who would display her feelings and emotions. In the Quran, Allah ﷻ describes to us in detail about her reaction after she was given the glad tidings of a righteous son: **And his wife approached with a cry [of alarm] and struck her face and said, "[I am] a barren old woman!"** (*Surah Adh-Dhariat: 29*).

Show your emotions oh dear wife! Show your happiness and show your worries, be dramatic (in a cute and feminine way) so that your husband may find you fascinating.

Dealing with anger and hurt

Being angry is natural, it is a way of telling ourselves that something is wrong and needs to be sorted out, but it is the way we deal with anger that can lead to big problems. Unresolved anger can destroy intimacy completely. That is why it's important to recognise yourself and conduct yourself in the best way possible to keep your marriage happy, healthy, and alive! These are two unhealthy and inappropriate ways in which people usually handle their anger or show their hurts.

1. The 'Rhino' way.

This type of woman responds to her anger by:

- Attacking when being hurt.
- Overreacting when being threatened.
- Become controlling and bossy.
- Quick to blame others.
- Retaliating by becoming confrontational.
- Losing control, becoming explosive.
- Saying things, they will later regret.
- Demanding immediate discussion of the issue.
- Hurling accusations.
- Bringing up past hurts unrelated to the issue.

2. The 'Hedgehog' way.

This type of woman responds to their anger by:

- Withdrawing when threatened.
- Keep the peace at any price.
- Failing to admit they are angry or hurt.
- Giving the husband the silent treatment.
- Withdrawing or shutdown emotionally.
- Want to run away and hide.
- Trying to ignore feelings/ become cold.
- Withhold physical affection.
- Often think about past hurts.

The better one is the one that can control themselves and resolve the matter in a way that Allah ﷻ is pleased with.

Allah ﷻ loves the ‘*Muhsinun*’ – those described below in the following verse:

“Who spend [in the cause of Allah] during ease and hardship and who restrain anger and who pardon the people - and Allah loves the doers of good” (*Surah Ali Imran: 134*)

If you do become upset, then show your hurt and sadness. Do not hold back your tears. Your weakness and vulnerability are much appreciated by men, it may be an opportunity for them to come to your rescue. The Prophet’s ﷺ wife Safiyyah heard that Hafsa referred to her as, “Daughter of a Jew!” So Safiyyah started crying. The Prophet ﷺ entered while she was crying and he said, “What makes you cry?” Safiyyah said, “Hafsa said about me that I am a daughter of Jew.” The Prophet ﷺ said, **“Verily, you are the daughter of a Prophet , your uncle is a Prophet, and you are married to a Prophet , so how can she boast over you?”** Then the Prophet ﷺ said, **“Fear Allah, O Hafsa!”** (*Sunan al-Tirmidhī 3894 Graded 'Sahih' by Sh. Abdulmuhsin Al'Abbaad in his explanation of Sunan At-Tirmidhi*)

If your husband mistreats you or offends you in any way, then you must stand up for yourself. You are a woman of honour and dignity who deserves respect. Do not accept this behaviour of mistreatment on his part, rather react and respond in a feminine way.

An effective way to display your feelings of hurt is in a girlish way, just as how young innocent girls react when they become upset; by crossing your arms, stamping your feet, and looking away. You may think this is too silly to work, but you will be amazed at the reaction of your husband when he watches you act like this. Your anger will dissolve, and he may end up feeling bad about his hurtful actions towards you. It is a win-win situation. However, if you find this approach quite awkward or difficult, then you can simply show him that you have been hurt through your tears, without attacking him in any way.

Let us peek at how our Mother Aisha (may Allah be pleased with her) reacted when she was angry with her husband: Narrated Aisha that Allah's Messenger (ﷺ) said to her, **"I know when you are pleased with me or angry with me."** I said, **"Whence do you know that?"** He said, **"When you are pleased with me, you say, 'No, by the Lord of Muhammad,' but when you are angry with me, then you say, 'No, by the Lord of Abraham.'"** Thereupon I said, **"Yes (you are right), but by Allah, O Allah's Messenger, I leave nothing but your name."** (*Sahih AlBukhari 5228.*)

What a prestigious wife, she was not from those who 'let out steam' or lash out whenever they feel angry. Her conduct of restraining and managing her burn-ups is incredible because not many are blessed with this ability

of great anger management. This was one of the many reasons why she became No.1 out of all her co-wives, even Umar was aware of her status when he told his daughter Hafsa: "O my daughter! Do not be misled by the manners of her who is proud of her beauty because of the love of Allah's Messenger for her." By 'her' he meant `Aisha. `Umar added, "Then I told that to Allah's Messenger and he smiled (on hearing that). (*Sahih AlBukhari 5218*)

Let us now take a look at how Khawla, the honourable woman that was mentioned in the Quran, dealt with her husband when he uttered some very hurtful words to her. Narrating her story, Khawlah said: "By Allah, concerning me and Aws Ibn al-Samit, Allah revealed the beginning of Surat al-Mujadilah. I was married to him, and he was an old man who was bad-tempered. One day, he came in and I raised a particular issue with him again. He became angry and said, 'You are to me as the back of my mother.' Then he went out and sat for a while in the meeting-place of his people. Then he came back, and wanted to resume marital relations with me. I said, 'No way! By the One in Whose hand is the soul of Khawla, you will never get what you want from me after saying what you said, until Allah and His Messenger ﷺ decide between us.' He tried to force himself on me, but I was able to resist because I was a young woman and he was a weak old man. I pushed him away. Then I went to one of my (female) neighbours and borrowed a cloak from

her and went to the Messenger of Allah ﷺ. I sat before him, told him what my husband had done to me, and began to complain to him about my sufferings because of my husband's bad temper. The Messenger of Allah ﷺ said, 'O Khawlah, your cousin (i.e. your husband) is an old man, so fear Allah with regard to him.' I did not leave him until Qur'an was revealed concerning me. He was overcome as he usually was when Qur'an was revealed to him, and when it was over, he said: 'O Khawlah, Allah has revealed Qur'an concerning you and your husband.' Then he recited to me:

“Certainly has Allah heard the speech of the one who argues [i.e., pleads] with you, [O Prophet Muhammad], concerning her husband and directs her complaint to Allah. And Allah hears your dialogue; indeed, Allah is Hearing and Seeing. Those who pronounce zihâr (i.e. the saying by a husband to his wife, "You are to me like the back of my mother," meaning unlawful to approach. This was a type of divorce practiced by the Arabs before the prophethood of Muhammad) among you [to separate] from their wives – they are not [consequently] their mothers. Their mothers are none but those who gave birth to them. And indeed, they are saying an objectionable statement and a falsehood. But indeed, Allah is Pardoning and Forgiving. And those who pronounce zihâr from their wives and then [wish to] go back on what they said – then [there must be] the freeing of a slave before they touch one another. That is

what you are admonished thereby; and Allah is Acquainted with what you do. And he who does not find [a slave] – then a fast for two months consecutively before they touch one another; and he who is unable – then the feeding of sixty poor persons. That is for you to believe [completely] in Allah and His Messenger; and those are the limits [set by] Allah. And for the disbelievers is a painful punishment.” (*Surah AlMujadilah: 1-4*)

The Prophet told me, 'Let him release a slave.' I said, 'O Messenger of Allah ﷺ, he does not have the means to do that.' He said, 'Then let him fast for two consecutive months.' I said, 'By Allah, he is an old man, he is not able to do that.' He said, 'Then let him feed sixty poor people with a wasq of dates.' I said, 'O Messenger of Allah, he does not have that much.' He said, 'Then we will help him with a faraq of dates.' I said, 'And I will help him with another faraq, O Messenger of Allah.' He said, 'You have done right and done well. Go and give it in charity on his behalf, then take care of your cousin properly.' And I did so." (*Tafsir Ibn Katheer: Surah Al-Mujadalah.*)

That was the story of the Great Lady, Khawla Bint Tha'alabah. The woman who earned the respect of all because Allah ﷻ sent down revelation to settle her complaints. She not only pardoned her husband, but also went out of her way to help him rectify his mistake of mistreating her. This can only be done by someone who

deeply understands that prolonged, unattended negative emotions only harbour negative outcomes.

Dearest sister, our Prophet ﷺ has taught us on many occasions to restrain our anger. If you attack your husband and verbally abuse him, the situation will only become worse. Once you live this whole book and practice each lesson well, you will notice yourself becoming less annoyed and irritated. You will be wiser and more relaxed when you interact with your husband and everyone else around you.

Please note dear sister, that you only have the right to express angry when he is cruel or oppressive. However, you have no right to show up with aggression or resent him because of his shortcomings or faults. Remember the first two secrets of this book: Acceptance and Forgiveness.

If you have sincerely tried practicing all the lessons of this book and have exhausted all other options, and you are still being physically or mentally abused in your relationship, then you have every right to pull yourself out of it. Khula' divorce happens when the woman wishes to end her marriage, we have a beautiful religion that caters for everyone's needs. Seek help with patience and prayer, put your trust in Allah ﷻ and He will guide you to what is best for you.

Allah Almighty said in a *Hadith Qudsi*: **“O my servants, I have forbidden injustice for myself and I have forbidden it among you, so do not oppress one another. (Sahih Muslim.)**

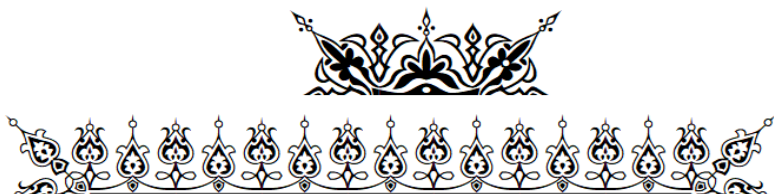
Exercise:

1. *Make an effort to be more feminine inwardly and outwardly and notice your husband's reaction.*

Wise words:

Imam Ibn Taymiyyah said: If a man is (greatly) in love with a woman, even if she was permissible for him, his heart will remain in her captivity. She will be in charge of him and do with him as she pleases. Although he outwardly appears to be her master, because he is her husband, in reality, he is her captive and her possession, especially if she is aware of his unrestricted love and dire need for her, and that (he thinks) she is irreplaceable.

(Majmu' of Ibn Taymiyyah 10/185.)



Secret 9: Sakina Within

We have now come to the last and final chapter of the book. This may be the most important secret of the entire book, so be sure to practise it with enthusiasm, as often as you can. A woman who works hard to apply the secrets of this book whilst lacking inner peace and serenity is like a candle that burns itself to give light to others, eventually, it will lose all its fuel and die out.

As women, we are natural nurturers. We nurture and shed love and happiness to our men, our children, and relatives and generally everyone in our lives.

However, we must take care and nurture our inner selves first and foremost to avoid any burn outs. Otherwise, we will suffer from mental and physical illness caused by stress and depression, therefore, depriving our souls of living its fullest, unable to spread any joy and light to our families and friends.

Be like the date palm tree that has its roots firmly planted into the ground and grows tall above all the other trees. It remains strong, full of life, whatever the weather, whatever the season. Likewise, the *Sakina Wife* is also steadfast during trials and tribulations. Without a doubt, life will be full of trials for the righteous and this is the decree of Allah ﷻ. When a rock is thrown at the palm

tree, it simply drops down the best of itself - the fruits. Likewise, when life gets tough or abuse is hurled against her, she responds in the best of ways.

Our Prophet ﷺ gave us this parable, he said: "There is a tree amongst trees, the leaves of which do not wither and that is like a Muslim; tell me which that [tree] can be?" The people began to think of the trees of the forest." Abdullah (may Allah be pleased with him) said: "I thought that it could be the date-palm tree, but I felt hesitant [to say that]. They [the Companions] then said: 'Allah's Messenger, [kindly] tell us which that can be?' Thereupon he said: 'It is the date-palm tree.'" (*Sahih Muslim* 2811)

Let us ponder over the life of 'the one chosen above all women' as Allah ﷻ described her, Maryam the daughter of Imran. Both her parents died, making her an orphan from a young age and she was never married. Whilst still a young teenager, Allah ﷻ decreed and chose her to carry the pregnancy of one of the best of His creations, a miracle was to take place to show the people the great signs of Allah ﷻ. This pious, young woman who was already lonely, with hardly any family to support her, decided to move away from the sight of people so that they may not become suspicious as she was about to deliver her miraculous and blessed child. The pains of labour added to the distraught of loneliness caused Maryam to be deeply grieved and saddened, not to

mention the anxiety and fear of the people's accusations against her. All these physical and mental pains caused her to say: **"Would that I had died before this, and had been forgotten and out of sight!"** (*Surah Maryam 23*)

But as she gave up on life, she was immediately told **"*la tahzanee*" – "Do not be sad!"** She was then miraculously provided with nutritious ripened dates and a stream of water flowed from beneath her and it was then called out to her **"*Eat and drink and be glad!*"** (*Surah Maryam: 24-26*).

Naturally, as humans, we may experience situations that are heavy for us to deal with, but just as Maryam was told to never be in grief, but to be in a positive state of contentment and happiness, we too should take her as a great example to imitate throughout our life. Yes, life can be so difficult, but we must always remember that the Most Merciful has promised us that He will never test us more than we can bear.

We have prepared a list below of ways we can 'power up' and stay happy. Remember you cannot pour from an empty cup. A high-spirited wife illuminates her household, sheds joy and happiness on her husband, family and those around her.

1. Let Go of the Grudges

This point has been mentioned first due to its importance holistically. It influences your personal, mental, physical, and emotional wellbeing along with your religiosity.

The Messenger of Allah ﷺ said, **"People's deeds are presented before Allah on Mondays and Thursdays, and then every slave (of Allah) is granted forgiveness (of minor sins) if he does not associate anything with Allah in worship. But the person in whose heart there is rancour against his brother, will not be pardoned. With regard to them, it is said twice: 'Hold these two until they are reconciled'."** (*Sahih Muslim*)

Is this not enough of a reason to irradicate ill feelings in your heart? Oh dear sister, Allah ﷻ will not pardon those who hold a grudge! Let go of the negativity, let go of the ill feelings. Holding a grudge is like drinking poison and waiting for the other to die! Wake up and realise that you are harming yourself physically and emotionally.

No one is perfect so we should have mercy upon each other and learn to let go of the grudges and forgive those who have wronged us. Allah ﷻ says **"Let them pardon and forgive. Do you not love that Allah should forgive you?**

And Allah is Oft-Forgiving, Most Merciful." (*Surah anNur 24:22*)

Remember how the brothers of Yusuf (peace be upon him) mistreated him and abused him to the point where they were discussing the best way to kill him due to their extreme envy of his relationship with his father. They all decided that the best way to earn the love of their father was to get rid of Yusuf by throwing him into a well and leave him there, he was a young boy of seven years. Little did they know that this would not increase their fathers love for them at all.

Many trials followed him after that; Yusuf was kidnapped and forced into slavery, accused of adultery, and imprisoned for years for a crime he did not commit! If anyone is excused to harbour grudges due to the oppression they have suffered, it would be Yusuf, but his patience and pure heart led him to his praiseworthy status in this world and the next.

He became the Minister of Finance appointed by the King himself, after being released from prison. His brothers travelled to Egypt out of desperation in search of food, so they were all reunited after decades of separation. They acknowledged their wrongdoings against Yusuf, humbling themselves by asking Yusuf for forgiveness.

Yusuf, the one who was given the title: *'Al-Kareem ibnul Kareem ibnul Kareem ibnul Kareem'* *'The Noble, son of the Noble, son of the Noble, son of the Noble'* forgave them and pardoned his brothers by saying: **"No blame will there be upon you today. Allah will forgive you; and**

He is the most merciful of the merciful." (Surah Yusuf 12:92)

How beautiful are these words?! These were the same words echoed on the day of the Conquest of Makkah, uttered by our beloved Prophet ﷺ. He forgave those who tortured him verbally, physically, emotionally, and financially. Those who boycotted his whole tribe for 3 years to the point where they would be forced to eat leaves. Those who were responsible for the torture and death of many Muslims. Those who tried to assassinate him. Those who forced him to flee from his beloved home. Allahu Akbar! How great are these beautiful words that he uttered on that special day?!

So, my dear sister, forgive and pardon so that you may find *Sakina*, peace, and tranquillity within yourself and move forward with what really matters. Do not let those who have wronged you live in your minds and hearts without rent! Rather save that precious space for the remembrance of Allah ﷻ and positivity, so you can always be from those whom Allah ﷻ loves, those who have no fear or sadness.

2. Remembrance of Allah

After removing all the negativity from our hearts, we can now fill it up with the remembrance of Allah ﷻ. This is vital if you are seeking inner peace and serenity. Every single human being is seeking happiness. They may do this by desperately seeking fame and status, or they

assume that the more wealth they accumulate the closer they will reach to being happy. Unfortunately, once they strive and achieve what they thought would bring them happiness, they become dissatisfied. They realise that the emptiness still exists. The dream of feeling happy seems to be further and further away, out of reach. They become miserable and depressed to the point where they may even attempt to kill themselves, to relieve themselves from their futile life that reaps sorrow and pain. The very thing they thought would bring them peace and happiness caused their destruction.

Happiness and serenity, having a peace of mind, a heart at rest and a tranquil soul can only be obtained by the remembrance of Allah.

Allah tells us **“Those who believe and whose hearts find rest in the remembrance of Allah, Verily, in the remembrance of Allah do hearts find rest.”** (*Surah ArRad 13: 28*)

Fill your heart with this nourishment that it desperately craves. This will prevent you from ever feeling down and sad. Know that Allah ﷻ is the All-Encompassing, Who sees and hears everything. He is always there when we need Him.

He becomes happy when we call out to Him and never tires of answering our prayers, while our own friends and

relatives will get annoyed if we ask them for any help, rather they themselves are more in need of being helped!

Know that Allah ﷻ is Ar-Razzaq the one that provides for every single living creature from the beginning of creation, so you should never worry about what your future holds with a Generous, Lord that loves to give!

Know His beautiful names and attributes so your heart is at rest and remember Him often, so your soul is well nourished. Our beloved Prophet ﷺ has taught us that: **“The example of the one who remembers Allah and the one who doesn’t, is like the living and the dead!”** (*Sahih Bukhari*)

He ﷺ also said: **“Remember Allah at times of ease and Allah will remember you at times of hardship.”** (*Tirmidhi graded 'Sahih' by Sh. Albani in Sahih Al-Jami' (2961)*)

How much joy can a person have if he knows that Allah ﷻ will remember him whenever calamity strikes? The beloved soul that has the honour of being remembered by Allah ﷻ will surely never be in despair or misery, they are the ones that Allah ﷻ talks about in the following verses:

“Unquestionably, [for] the allies of Allah there will be no fear concerning them, nor will they grieve. Those who believed and were fearing Allah. For them are glad tidings, in the life of the present world, and in the

Hereafter. No change can there be in the Words of Allah, this is indeed the supreme success.” (Surah Yunus 10:62-64)

Know that the moment you lose focus or stop remembering your Lord, you may fall into deep grief and sadness, and this is exactly how the Shaytan wants you to live like. Allah ﷻ tells us: **“And whoever turns away from My remembrance - indeed, he will have a depressed life, and We will gather him on the Day of Resurrection blind.” (Surah Taha 20:124)**

My dear sister, hold tightly to the remembrance of Allah ﷻ and make His pleasure your priority and He will guide you to what is best, bless you in all your situations and send down His mercy upon you.

3. Live Your Role

Everyone in society has a place and a role. Fulfilling that specific role is a key factor to success. Our roles as women are:

1. To be a Sakina Wife, who supports her husband and drives him to be the best version of himself. This course will guide you on how to become an ideal wife that men cherish and adore.

2. To be a loving and nurturing mother, who will raise the next generation of great men and women. There is a deficiency in our current society of true, well raised adults who live up to their roles and purpose.
3. To take care of the home and make it a dwelling place of peace and tranquillity, where the whole family can recharge and unwind.

The Messenger of Allah ﷺ said, **“Every one of you is a shepherd and is responsible for his flock. The leader of people is a guardian and is responsible for his subjects. A man is the guardian of his family, and he is responsible for them. A woman is the guardian of her husband’s home and his children, and she is responsible for them. The servant of a man is a guardian of the property of his master, and he is responsible for it. No doubt, every one of you is a shepherd and is responsible for his flock.”**
(*Sahih Bukhari and Muslim*)

When we live the role that Allah ﷻ has intended for us, we will secure a feeling of contentment in our hearts and the smooth running of our affairs. Scientific research has found and proven that men and women have differences within their biological makeup, so living to this natural disposition (fitra) helps validate one’s own self. Women are more nurturing creatures than men, so they are the ones that are patient enough to carry babies and breastfeed. Through nurturing their children and working hard for their physical and emotional wellbeing, these

women who live their roles happily feel satisfaction within themselves and this is in alignment with their natural makeup.

Learn to love your God-given job of being a mother. Know that even if you do not see the fruits of your toil immediately, Allah ﷻ will never waste your efforts. He is the All-Knower, not a leaf falls except with His knowledge, so seek His aid and patiently continue with this journey, soon the fruits will grow and ripen to its fullest and you'll be the one enjoying every bite of it!

Learn how to parent, there is so much information around about raising children. Have a plan and a system of routine and discipline, encourage them with your beautiful words of admiration. Do this job with dedication, knowing that Allah ﷻ will increase in you rewards in the Hereafter, inshallah.

4. Sakina Time for You

We mentioned earlier the importance of having a specific time to help your husband relax and unwind. **You** also need time for yourself to do whatever delights you so you can stay happy.

Wives who have no hobbies or interests to busy themselves with in their free time, often become preoccupied with the wrong things. They easily get stressed out over petty issues and they go about their

days patrolling and controlling their husband's every move! This leads to emotional strain, anxiety, and unhappiness - a recipe for a terrible marriage.

However, if they were to dedicate a certain time of the day to do what they like best, to destress from life's daily pressures and tensions, to unwind and fill up their empty cup, their lives would be filled with joy, their minds will be sharp, and they can expand their creativity by learning valuable skills. Hobbies give you a sense of achievement and accomplishment. They satisfy the heart and bring tranquility to the mind.

Expand your knowledge and speech by reading books, have fun writing journals about your past/current experiences, release the dopamine hormones by exercising or joining local sports clubs such as swimming. Plant a seed and watch it bloom into a beautiful flower. Learn new skills or languages to keep your mind busy and occupied. There is so much free information online that you can benefit from and enjoy.

Dig deep and find something within you that you enjoy and are good at, something which you crave to do in your spare time. Everyone carries stress and burdens, so we need to offload our baggage. Pour that negative energy into your hobbies and extract from your hobbies the positive energy that will allow you to give back to those

around you. Have fun and enjoy yourself and release those tensions!

It was narrated that Hanthalah al-Usaidi, said: Abu Bakr met me and asked, 'How are you, Hanthalah?' I replied, 'Hanthalah has become a hypocrite.' He said, 'Subhanallah! What are you saying?' I replied, 'When we are with Allah's Messenger ﷺ he mentions the Fire and the Garden until it is as if we can see them. But when we leave the Prophet's ﷺ company and play with our wives and children or busy ourselves with our properties, we forget much.' Abu Bakr said, 'By Allah, I have experienced the same thing.' He and I then went to visit the Messenger of Allah ﷺ and I said, 'O Messenger of Allah, Hanthalah has become a hypocrite.' He asked, 'And how is that?' I replied, 'O Messenger of Allah, when we are with you, you talk about the Fire and the Garden until it is as if we can see them. Then we go out and play with our wives and children and deal with our properties, and we forget much.' The Messenger of Allah ﷺ then said, **'By Him in Whose hand is my soul, if you were to continue at the same level at which you were when with me and in remembering Allah, the angels would shake hands with you when you are resting and when you walk about, but, O Hanthalah, there is a time (for this) and a time (for that).'**' He repeated this phrase three times. *(Related by Muslim.)*

This Hadith indicates that your religion should be your main concern and you should also make time to occupy yourself with other things. Of course, the day should be well balanced. There is no point spending the whole day doing hobbies whilst you neglect your household duties! That's why it's very important to plan your day.

5. Be Righteous

Allah ﷻ has created us for a purpose and that is to worship Him. We worship Allah ﷻ by doing all the acts that we are obliged to do as Muslims, we stay away from all the prohibited actions, and we try to seek His pleasure in everything that we do.

However, those who live their lives like cattle, doing whatever they wish, whenever they wish, will never be satisfied or content. Their goal in life is to seek temporary pleasures which they confuse with happiness. They may do this through haram means by smoking, drinking alcohol, backbiting etc. Or they may become overly extravagant and excessive with what's halal by wasting a lot of precious time and money. This in turn takes a toll on their spiritual wellbeing and their physical body. Eventually, their faces begin to become gloomy and unattractive from all the sins they commit.

Dear sister! If you have been guilty of sinning, then stop now and return to the path of the righteous! it's never too late to ask for forgiveness no matter what crime

you've committed. You have a Lord that loves to forgive those who seek His forgiveness.

Your Lord says: Say, "O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful." (Surah Az-Zumar 39: 53)

It is only by belief in Allah ﷻ and doing good deeds will we ever find that security within ourselves. This is because we will be living a life full of purpose, with determination to grow and improve ourselves. Look forward to your daily prayers, know that you are meeting with the King of Kings. The closest we can ever get to Allah ﷻ is when we are prostrating to Him, so prolong your prostration (sujood) and find the Sakina - peace and tranquillity your heart desires through prayer. The Prophet ﷺ mentioned that: **"My comfort has been provided in prayer."** (Graded 'Sahih' by Sh. Albani in *Saheeh An-Nasa'i*)

Perform acts of voluntary fasts to be closer to your Lord. There is so much satisfaction for the one that completes a fast from dawn till dusk, you feel happiness and a sense of achievement, even though you may also feel some pains of hunger and thirst throughout the day! The Messenger of Allah said: **"There are two joys for the**

fasting person: the joy when he breaks his fast, and the joy of when he meets his Lord." (Sahih Bukhari)

Recite the Quran, the words of your Lord most High. Seek the blessing and virtues that are promised to those who hold onto it firmly, reciting it, memorizing it, pondering over it and acting according to it. Allah ﷻ says:

“O mankind, there has to come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.” (Surah Yunus 10: 57)

Whether it's prayer, fasting, charity or just cheering people up, find out what good deeds are easy for you to do and be consistent in doing it regularly. Remember to be sincere, seeking only the pleasure of Allah ﷻ and do the good in accordance with the teachings of the Sunnah. The Prophet ﷺ said: **“Do good deeds properly, sincerely and moderately and know that your deeds will not make you enter Paradise, and that the most beloved deed to Allah is the most regular and constant even if it were little.” (Bukhari 6464)**

Allah ﷻ says: **“Whoever works righteousness — whether male or female — while he (or she) is a true believer verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion**

to the best of what they used to do (i.e. Paradise in the Hereafter)” (Surah An-Nahl 16:97)

As shown in this verse, a good life is linked to doing righteous deeds. Staying upon righteousness will only increase one in good and instil within yourself peace, and the Prophet ﷺ said: **“Righteousness is serenity in the soul and peace of mind in the heart. Sin is not comfortable in the soul and not satisfying to the heart, even if the judge (muftī) gives you approval.”** (*Graded 'Hasan' by Sh. Albani in Sahih At-Targheeb wat Tarheeb (2/151)*)

6. Give, give and give!

There is no better feeling of joy and pleasure than the inevitable feeling that follows after helping someone in need. When they face the sky and raise their hands, praying for your happiness and wellness, because of the help they’ve just received from you. Your heart instantly feels at ease, their joy becomes contagious onto you until your face reflects the happiness that fills your heart. You smile hoping reward from Allah ﷻ whilst humbly realising that everything you ‘own’ belongs to Allah ﷻ, mincluding yourself. Allah ﷻ tells us about the wish of those who have just passed away, they long to return back to the world just to do one more thing:

“And spend [in the way of Allah] from what We have provided you before death approaches one of you and

he says, "My Lord, if only You would delay me for a brief term so I would give charity and be among the righteous. "But never will Allah delay a soul when its time has come. And Allah is Acquainted with what you do." (*Surah Munafiqun: 10- 11.*)

Seize every opportunity that comes your way and always remember that charity does not decrease your wealth, rather it blesses and multiplies it many folds. You will see the fruits of your charity in this world and the next *biithnillah*. Allah ﷻ says: **"The example of those who spend their wealth in the way of Allah is like a seed [of grain] which grows seven spikes; in each spike is a hundred grains. And Allah multiplies [His reward] for whom He wills. And Allah is all-Encompassing and Knowing. Those who spend their wealth in the way of Allah and then do not follow up what they have spent with reminders [of it] or [other] injury will have their reward with their Lord, and there will be no fear concerning them, nor will they grieve."** (*Surah Baqarah: 261- 262.*)

Again, we are reminded that no fear or sadness will ever afflict those who love to give for Allah's sake. If you are trying to seek out inner happiness, then go out of your way to make others happy first.

Give from the best of what you have and if you do not have any wealth to give, then at least give your time and be there for those who need a helping hand. The Prophet

ﷺ said: **“Whoever removes one of the hardships of a believing soul, Allah will remove from him one of the distresses on the Hereafter. Whoever solves someone else’s problem, Allah will make things easy for him in this world and the Hereafter. Allah is ever assisting His servant as long as that servant is helping his brother.”** *(Sahih Muslim 4867.)*

Dear sister, do not underestimate any charity, for even a good word and smile can be considered as charity. We have been warned that most of the people of the hellfire are women, so in order to save ourselves from this doomed ending, we must always work hard for our next eternal life and not preoccupy ourselves consuming and collecting wealth as if we will live forever. The Prophet ﷺ said: **“O gathering of women! Give in charity, for I have seen you as a majority of people in Hellfire.”** *(Sahih Bukhari 298.)*

Give and help those in need so Allah ﷻ will be pleased with you in this life and protect you in the next life.

Once, when the Muslims were favoured with great wealth, our Mother Aisha was given a gift of one hundred thousand Dirhams. She was fasting when she received the money, and distributed it to the poor and needy, even though she had no provisions in her house. Shortly after that, her maid servant said to her, “Couldn’t you have brought a dirham’s worth of meat with which to break your fast?” “If I had thought of it,” she replied, “I

would have done so!”. (Reported Ibn Sa’d in *At-Tabaqat* 2465)

In another report, a needy person knocked on the door. She only had one grape and she gave it to him. When asked what the value of a single grape was as a charity, she quoted the following verses from the Qur’an:

“So whoever does an atom’s weight of good will see it, And whoever does an atom’s weight of evil will see it.”
(*Tafsir Ibn Kathir Surah Az-zalzala* 7-8)

7. Accept yourself

Self-Acceptance means to affirm yourself, acknowledging your faults and virtues. It is easy to accept all your good traits, but you must also accept those traits that you do not like about yourself. Accepting yourself is a crucial determinant of attaining happiness. This is the only way to improve yourself and progress. Otherwise, your mind will be too preoccupied with the negatives in your life, dragging you down and lowering your self-esteem. Extreme self-criticism is a form of ungratefulness to Allah ﷻ, it implies that you are not satisfied with the way Allah ﷻ created you, especially insecurities based on appearances and physicality. Allah ﷻ tells us in the Quran that: **“We have certainly created man in the best of stature.”** (*Surah Tin: 4.*)

People around you, including your husband, will treat you according to how you perceive yourself to be. You are a beautiful woman created by the Best of Fashioners, establish this attitude and eventually you will learn to accept your faults and flaws. Of course, slight self-criticism is healthy and essential for self-growth, so have the right balance. Do not go to one extreme of thinking too highly of yourself and being arrogant, or the other extreme of beating yourself up to the point where you lose hope in Allah ﷻ.

Dear sister, know that whatever happened in the past is gone and the future is yet to come. All you have is today, so live it to the fullest! If you have made mistakes in the past, then **“All the sons of Adam are sinners, but the best of sinners are those who repent often.”** As our Prophet ﷺ beautifully stated. Remember that you cannot fix anything until you admit that there is a problem. Then view your mistake as learning opportunities instead of failures so you do not lose hope. Every day opens new opportunities for you, and by utilizing positive thinking, you can make a real difference!

Once the Prophet ﷺ advised a young boy with words of wisdom that we should cherish and live upon every day of our lives. He said: **“O young man, I shall teach you some words [of advice]: Be mindful of Allah and Allah will protect you. Be mindful of Allah and you will find Him in front of you. If you ask, then ask Allah [alone];**

and if you seek help, then seek help from Allah [alone]. And know that if the nation were to gather together to benefit you with anything, they would not benefit you except with what Allah had already prescribed for you. And if they were to gather together to harm you with anything, they would not harm you except with what Allah had already prescribed against you. The pens have been lifted and the pages have dried.” (*Tirmidhi 2516 Tirmidhi said it is 'Hasan Sahih'*) These great words should be a comfort for your soul, these words should ease and alleviate your feelings of grief and distress.

Your destiny has already been decreed. Would you rather be like the miserable woman who wastes her life on matters that will not benefit her, but rather cause her more harm than good. Or the patient woman during times of hardship and a thankful one during times of ease, living under the mercy and guidance of Allah ﷻ throughout her whole life. The Prophet ﷺ said: **“How amazing is the affair of the Believer! Indeed his entire affair is good. And this is not the case with anyone except the believer; should prosperity come his way, he is grateful and that is good for him, and should adversity come his way, he patiently perseveres, and that is good for him.”** (*Sahih Muslim.*)

The Messenger of Allah ﷺ said: **“A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish**

that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart, and if anything (in the form of trouble) comes to you, don't say: If I had not done that, it would not have happened so and so, but say: Allah did that what He had ordained to do and your" if" opens the (gate) for the Satan. (Muslim 2664)

Embrace yourself and love yourself and enjoy being you. Enjoy your individuality, there is only one YOU!

8. Be grateful

People who are grateful make the most of their life experiences, they realise that Allah ﷻ is constantly blessing them with gifts and opportunities in life. These are the ones that have answered the call from Allah ﷻ:

“And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favour]; but if you deny, indeed, My punishment is severe.' ” (Surah Ibrahim: 7.)

The truly grateful will always be in an upward spiral of contentment and fulfilment because Allah ﷻ has promised to bless them more. On the other hand, those who are ungrateful are blinded by their dissatisfaction. They live a life of restlessness and displeasure causing them to be in a continuous downward spiral.

The greatest blessing you have is that you are a Muslim.

How many people are born, raised, and die as non-Muslims? Be thankful dear sister for you already have been blessed with a ticket to Jannah!

Allah ﷻ has gifted us with a mind that thinks, intelligence, and consciousness. How many are suffering now in mental hospitals? Be thankful dear sister and use your heart and thoughts to contemplate the blessings around you, only then will you achieve the inner peace that everyone so desperately seeks. How many are born blind or have lost their sight? How many are deaf and dumb who wish to hear or speak a clear word? Allah ﷻ reminds us in the Quran:

“It is He Who brought you forth from the wombs of your mothers when you knew nothing; and He gave you hearing and sight and intelligence and affection: that you may give thanks (to Allah).” (Surah An-Nahl :78)

Another blessing that we take for granted is safety and security. We live in homes that protect us well from harsh weather, with electricity available throughout the year and running water to cook and clean with. How many people live in makeshift tents using scraps of trash they found lying around the streets?

Most of us enjoy the benefit of eating different fruits, vegetables, meats, dairy to have a healthy balanced diet. How many people worldwide struggle to even find a morsel of food to eat for the day? We wake up healthier

than many other people, yet we still are unhappy and unable to cope with life?! How many disabled or chronic patients are still living life to the fullest with their limited capabilities? *Alhamdulillah*, Praise and Glory be to the One who continues to bless us from His bounties even when we are undeserving due to our ungratefulness. The Prophet ﷺ said: **“Whoever among you wakes up secure in his property, healthy in his body, and he has his food for the day, it is as if he were given the entire world.”** (*Sunan al-Tirmidhi 2346 Graded 'Sahih' by Sh. Albani in Silsilah As-Saheeh. (416)*)

The classical Muslim scholars have indicated gratitude can be shown in three ways:

1. Gratitude of the **heart** which is achieved by acknowledging and truly appreciating our bounties and realising that we are in a better situation and well off compared to many people around us. Allah says: **“And He gave you from all you asked of Him. And if you should count the favours of Allah, you could not enumerate them. Indeed, mankind is [generally] most unjust and ungrateful.”** (*Surah Ibrahim, 34*). Dear sister, do not be those that have rejected the favours of Allah ﷻ, rather be from those that Allah ﷻ is pleased with because of their gratefulness: **“And if you are grateful (by being believers), He is pleased therewith for you.”** (*Surah Zumar: 7.*)

2. Gratitude of the **tongue**, which involves celebrating the praises of Allah ﷻ, such as utterance of Alhamdulillah, and expressing gratefulness to Allah ﷻ with our tongue. We should always express our appreciation for the little things that others do for us whether they are relatives, friends, or strangers. This is vital to prove that you are truly grateful to Allah. The Prophet ﷺ said: **He who does not thank people, does not thank Allah.**” (*Reported by Ahmad and Tirmidhi.*) If anyone does any favour or a little courtesy say thank you in a way that your whole face is smiling!

3. Gratitude of our actions, which is fulfilled by using our external senses to do good. Every time Allah ﷻ gives us a blessing, we must use it in a way that benefits humanity and that pleases Allah ﷻ. Imagine you are given an expensive car as a gift from your friend, can you ever use that car to go and crash it into your friend’s property? Similarly, Allah ﷻ does not want you to use your priceless gifts to disobey Him. E.g., using the invaluable gift of sight, to watch filthy and vulgar videos. So, gratitude is going beyond words and instead thanking through our actions. We see this in the example of the Prophet ﷺ whose sins were forgiven by Allah ﷻ although he continued to strive for His pleasure. It was narrated that the mother of the believers, Aisha said: “When the Messenger of Allah prayed, he would stand for so long that his feet would become swollen. Aisha said: O Messenger of Allah, are you doing this when Allah

has forgiven your past and future sins? He said: **“O Aisha, should I not be a thankful servant?”** (*Sahih Bukhari and Muslim.*)

Gratitude can also help us to slow down and to enjoy what we have rather than always waiting for the next wish to come true. **It’s not about getting what you want, it’s about wanting what you’ve got!** Gratitude also can help us recognise that we already have enough of what many people have long been yearning for. We must therefore tame our souls to understand that if we cannot find happiness in the blessings that we have today, then we won’t be happy with what we get tomorrow. Being grateful is a sense of fulfilment that comes not from wanting more but rather from a sense of knowing that Allah ﷻ has already blessed us with what we need. The Prophet ﷺ said: **“...if the son of Adam has one valley, he will wish that he had a second, and if he had two valleys, he would wish that he had a third. The stomach of the son of Adam will be filled only with dust (i.e., he is never satisfied) ...”** (*Reported by Bukhāri (6439) and Muslim (1048)*)

Expressing gratitude tends to inhibit invidious comparisons with others. If you are genuinely thankful and appreciative for what you have (e.g., family, health, home), you are less likely to pay close attention to or envy what others have.

A grateful heart is positive in all situations so it's hard to feel guilty or resentful or infuriated when you're feeling grateful. So grateful thinking promotes the savouring of positive life experiences. By relishing and taking pleasure in some of the gifts of your life, you will be able to extract the maximum possible satisfaction and enjoyment from your current circumstances.

Be grateful for the big things, the little things, and everything in between, and happiness will follow. Gratitude is proven to make you more joyful in this life, more self-disciplined, help you to achieve your goals and even make you physically healthier.

Most of all, gratitude frees us from emotional pain, keeping us from being wretchedly unhappy. Having a sense of gratitude is a great blessing in itself and those who instil that sense within themselves - not only seek Allah's pleasure but embody a sense of happiness, relieving themselves of the many pressures and anxieties.

Exercise:

- 1. Take note of how well you can control your stress levels. Practise all the 8 ways mentioned in this chapter to keep you living a happier life.*

Wise words:

***Ibrahim ibn Adham, may Allah have mercy on him, said,
“If the kings and their sons knew what we experience of
spiritual pleasure and happiness, they would fight us for
it with their swords.” (Tārīkh Dimashq 4475.)***



Final Words

We now come to the end of our Sakina journey together. As you live your life practising as much of this book as you can, you will notice a huge change within your household. Your husband will slowly begin to reform himself and act more lovingly towards you, your children will be more stable and most importantly you, (the great woman who works tirelessly behind the scenes) will be happier and content. You may even notice that your Iman will increase, the more you strive to be a *Sakina Wife*.

Remember dear sister, that you still are a human bound to make mistakes, so do not be discouraged if you backslide or occasionally make the wrong moves. To the best of your ability, try to stay focused on this Sakina journey and never give up, **remember that Allah ﷻ will never waste the efforts of any believer.**

The accursed Shaytan is on a mission to destroy your marriage. It is only with the mercy of Allah ﷻ that you will be able to diffuse the plots and plans of this evil, envious creature. Seek help and assistance from The Almighty, He will then ease your affairs, make a way out of all your hardships, and bless you with all that He has given you.

We have compiled in this book 9 very important lessons to rebuild your marriage and regain the passion and love. Some of these lessons focus on understanding men, knowing that a man is happiest when he feels masculine and when he is appreciated, accepted, and admired for his masculinity. It is only after you have succeeded in making him feel manly, that he will cherish and adore you. We have also talked about looking after yourself outwardly and inwardly. Hopefully, after much practise, you will be the great woman behind your great man, *inshaAllah*.

If you have sincerely tried the methods of this course whilst seeking help from Allah ﷻ, but you still think that your life will be better off after a divorce, then this option is available because our beautiful religion caters to all.

Everyone has a right to be happy, so consult and seek advice from people around you who truly want good for you before you make big decisions that will affect every aspect of your life. If your husband is dangerous, then protect yourself and your children by moving to a more secure environment.

Remember dear sister, that life is short. The days are limited and soon you will return to your Maker. Do not be deceived by the glitters of this *Dunya*, it's only a

temporary station to test us which of us is best in deed. Focus and strive to work for your *Akhira*, your eternal place of residence. With this focus in mind, you will not be living in heedlessness and without a purpose like cattle. You will live in honour and dignity fearing nothing but the displeasure of your Lord, hoping only for His reward.

“Our Lord, grant us from among our wives and offspring comfort to our eyes and make us a leader [i.e., example] for the righteous. Those will be rewarded with the highest place (in Paradise) because of their patience. Therein they shall be met with greetings and the word of peace and respect.” (Surah Al-Furqan: 74-75.)



Oh you who tries her best!

*For my sister who's suffering in continuation,
This is what happens to the righteous creation,
The way of the prophets, martyrs, and truthful nation,
Accept the plan of Allah, whatever your situation,*

*If the wisdom is unclear, be firm with certainty and
deliberation,
Be patient my dear, for only a short duration,
Have good thoughts about your Lord, with a solid
foundation,*

*Your tests and trials, and all your frustrations,
Are a means of polishing your heart and a
purification,
Like the smelting of gold through harsh conditions,
Only makes it more valuable and more precious,*

*You'll be laughing soon at your next transition,
No fear, no grief, or sadness from afflictions,
No sorrow no pains or state of depression,
Everlasting bliss and joy at your final destination,*

*Have you not heard of the best of her nation?
Maryam wished she was dead, out of desperation.
Fatima suffered so much from starvation,
But she's earned her crown as the queen of all the nations,*

*Asiya, was tortured to death because of her pure
submission,
Khadija the first Muslim, the mother of our nation,
Suffered from the boycott, and died from malnutrition,*

*These were the best of the best, with no exaggeration,
Upon them be peace, blessings, and salutations,
From their Lord Most High, and congratulations,
To you my dear sister, for striving with dedication,
For your hard efforts joined with pure intentions,
You're on the path of the righteous creation,
The path of prophets, martyrs, and truthful
nations.*

Amatullah Bint Abdullah.